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EGYPT AS A HEALTH RESORT

EGYPT
AS A HEALTH RESORT

**WITH MEDICAL AND OTHER HINTS
FOR TRAVELLERS IN**

SYRIA

BY

A. DUNBAR WALKER, M.D.



LONDON

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THIS LITTLE WORK
IS INSCRIBED BY THE AUTHOR
TO
JOHN PRANKERD, Esq., F.R.C.S.,
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AS A TOKEN OF
RESPECT FOR HIS ATTAINMENTS AND CHARACTER,
AND IN
REMEMBRANCE OF SIX YEARS' FRIENDSHIP,
WHICH TIME HAS NOT
DIMINISHED.



PREFACE.

THE object of this little book is not to be a scientific exposition of the climate of Egypt, or an elaborate collection of meteorological tables, from which may be deduced that because the mean annual temperature is so and so, it exceeds in excellency other places that do not possess such an average temperature, but an exposition, in as plain a manner as possible, of the diseases met with, giving precautions how they may be avoided, and those that are benefited by a residence in the country. The only merit that can be claimed for the Work is, that nearly all that has been written about has been tested ; all places alluded to have been visited ; the dryness and salubrity of the air has been enjoyed ; the facts impressed on my mind have been recorded ; and I hope an impartial judgment has been given on the advantages and disadvantages of this favoured winter sanitarium.

The section on Syria has been got up particularly for tourists and persons not in robust health who visit and make a tour of Palestine. From a short residence in the country I saw enough of the evils of all classes travelling without having the least idea of the climate. It is the opinion of medical men in Syria that the reckless and foolhardy way in which many delicate and elderly people attempt and go through the Syrian tour is unequalled, and it seems astonishing that out of the hundreds that annually visit the country there are not a greater number of cases of sickness and death. My endeavour has been to show in a concise manner the varieties of climate, warning strangers against the diseases of the land, with advice what to do if any should overtake them. The evils of the climate have been pointed out, and full justice done to what is beneficial in it. The Appendix contains a few medicines that will be found useful by those visiting Egypt and Syria.

56 LADBROKE GROVE ROAD, W.

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CHAPTER I.

VOYAGE TO THE EAST—GIBRALTAR—MALTA.

AN English summer is an enjoyable period, provided it is a dry season ; the long and dreary winter passed through, previous to a variable spring, makes it doubly so. Few Englishmen would be desirous to exchange our summer climate with any other known climate in the world. It is warm enough to be enjoyable, not too warm to prevent exercise ; there is a sufficiency of keenness in the air to prevent languor, not enough to produce a chilly feeling. Nature is fresh, and has clothed herself in green, which appears in virgin beauty. The animal world has received fresh life, and is clad in gayer colours. The feathered tribes, so long absent to us, by their song join with nature in fresh life, telling us by their voices they have received almost a new existence. Our country life, developed to an extent and in a manner unknown in other nations, has many attractive

charms, so that it can be said, with a degree of truth, that for four months of the year we possess one of the finest climates in the Universe.

But what of the other eight months? It may be said they are a queer mixture of rain, sleet, hail, snow, fog, mist, leaden sky, muddy earth, east winds and north winds, interspersed but seldom with a really fine day, when we are reminded that there is a sun and such a wind as a sweet zephyr. Strong constitutions can get along, and notwithstanding these allied powers to depress the system and undermine the constitution, extract happiness out of things and circumstances quite apart from the atmosphere or weather; unable to make anything of the outside world, the individual labours to create an inside world where the elements are excluded, and makes his castle his home; the want of sunshine is remedied by blazing fires, which counteract cold as well; the mist is dispelled by gas; the gloom is combated by collecting cheerful friends; the wind is defied by keeping it outside. If domestic arrangements are not sufficient to remedy the evils, business often supplies the defect, being fully engrossed in it leaves but little time for a study of the barometer or

thermometer ; it is thus that the healthy pass the winter, looking for, as a bright spot in the future, the advent of the summer. With the invalid it is far otherwise ; learning by experience that his ailments are most probably dependent on causes which are associated with our insular and northern position, and the disease—which may be styled the powers that are within, combine with those that are without in aggravating his condition ; while the person is shut up on account of the weather and his infirmities, the rain appears more persistent, the gloom more intense, and hope and cheerfulness seem to vanish from the system.

England can be made “ merry,” in every sense of the word, to those who possess health and riches, but it certainly has another epithet during the winter to those who are delicate or unable to pay for comforts. That variety is charming all will allow, and it holds good regarding weather as of anything else ; for though people may imagine, who have never experienced for any length of time perpetual sunshine, that few could get tired of it, yet there is in tropical regions such a thing as a longing desire to see clouds and rain ; and though in our English

climate we possess such a variety, we unfortunately come in for a super-abundance of bad weather, with but a meagre supply of that which is really fine.

As the animal world rejoices in the sunshine, and in whose face some insects alone can live, and others have their vital powers so reduced when its influence is withdrawn as to be almost lifeless, and as also the vegetable world we know gets fresh life and impetus from its genial rays, so man is influenced by it; he receives often fresh powers from it; objects around look cheerful; circumstances assume a more encouraging aspect; new energy is given to accomplish the work before him; and to the invalid it appears almost at times as a messenger from above, for it is under its continued influence that many feeble ones look for strength.

Why are Englishmen branded with the epithets of grumbling, stolid, commercial, etc.? How are these propensities developed? They arise from the climate acting on the Anglo-Saxon blood. The light-heartedness and flippancy of the French, Italians, and Arabs, is generated by the sunshine and the eternal blue acting on their character. Our commercial enterprise has been

greatly facilitated by the idea that money is the chief thing to be obtained, for in its train follows every comfort that makes life in England enjoyable. To bask under the sun, with scanty clothing, and partake of a meagre diet, where some farinaceous article forms the chief and often only viand, is almost the sum total of an Oriental's life, with in some instances tobacco and coffee as ingredients to fill up the cup of their pleasures. Their wants are few, and in order to supply them they reduce bodily exertion and mental to a minimum, by which means they add to the enjoyment of life. Poverty is our bugbear ; exertion theirs. To counteract the one we get money, to avoid the other Orientals cultivate laziness.

My purpose is to direct the attention of invalids to climes where an English summer may be enjoyed, and where a winter's sojourn may be the means of retarding and curing diseases that are engendered by our sea-girt home, and where the overtaxed strength, mental and bodily, of hard-worked Englishmen, can be resuscitated. Those who cannot stand the climate of England have only to look to animals imbued with but a small modicum of reason, called instinct, to

be taught what they should do. We find the feathered tribes who visit our shores annually, congregate towards the beginning of winter, and take their departure to some warmer region ; it is not confined to the swallow to migrate ; finches, blackbirds, starlings, robins, etc., which are indigenous in our own country, seek, many of them, a winter residence, giving the invalid an example, for it may be only those of them that are healthy and strong that seek to weather the winter through, while those that are not robust avail themselves of the power given them to search for winter quarters. In like manner ought those amongst mankind, who have it in their power to seek a warm climate during the winter, be guided by the dictates of a higher reason, and repair, not in the gregarious way altogether that the swallows adopt, but in twos and threes, starting at the beginning of October.

It may be asked by those advised to quit the island for a residence abroad,—Are home ties, friends, and the associations that have been dear to us to be broken up, and climate be the only substitute for all these ? It is the only thing in many cases. But is not renewed health, the best of blessings, which is gained by a sojourn

abroad, a sufficient reward ? By the majority it is considered so. In some instances the attractions for home are not so manifest, and by certain contrivances we can almost, like the snail, carry our house with us, at least we can manage to have a relation or kind friend to accompany us. The treatment of nearly all diseases is generally anything but agreeable to the patient, yet it can be safely affirmed that in the majority of cases few remedies are so pleasurable as change of climate. When it is placed as a question of life and death, it may be argued by some that a short life with ease and home comforts is preferable to one lengthened out accompanied by discomfort and loss of friends ; but it is apparent to all that life is sweet, and among the many that seek renewed health abroad, the undertaking is entered into as a means calculated to allay, arrest, or cure, the disease ; and if this is obtained, however much the discomfort may have been, the individual acknowledges that the journey has been successful.

Let all who sigh to breathe a more genial atmosphere, with a firm belief that it is health-giving, ever keep up hope, which is one of the

finest balms for diseased bodies, and a faithful ally to nature in procuring a return of strength.

I do not here propose to enter into a detail of the numerous diseases benefited by change of air, for it is Egyptian climates that I seek to advocate, and under the chapter on Egypt I have enumerated those that are influenced by its atmosphere. My intention is to describe the sea voyage, and other routes of getting to that matchless climate, taking notice of a few places that lie between.

In leaving England all have to endure the sea, though it be only the eighty minutes of the channel, which is long enough, in many cases, to produce misery at the time, and in the anticipation of which days before are sometimes made uncomfortable. In reaching Egypt three days at least are required, seventy-two hours being the contract time with the Peninsular and Oriental Company's steamers in running between Brindisi and Alexandria. When the land journey has been determined upon in preference to going by Gibraltar and Malta, the railway journey must be gone through in short stages. Paris, Lyons, Turin, Bologna, Ancona, Brindisi, are suitable places to stop at; the distance

between them is usually run in less than twelve hours. The express that carries the Indian mails leaves London on Thursday evening, reaching Brindisi on Sunday evening, in time for the steamer that starts early on Monday morning for Alexandria, so that the entire journey can be accomplished in six days. To attempt this is prejudicial to strong and healthy people, and for those in delicate health a species of madness. By all wise invalids a fortnight to a month must be spent over the journey to Brindisi, and stages marked out according to time, health, and convenience. There is another route by Venice; the sea voyage extends over five days, two of which are spent in rather peaceful water, and famous for beauty, for, as the steamer proceeds down the Adriatic, the Ionian Islands are passed, and as the steamer stops at Corfu and coasts close to the neighbouring islands, their beauty and position can be studied. The remaining route, which involves a large amount of sea voyage, is by Southampton, through the Bay of Biscay, Straits of Gibraltar, thence to Alexandria. It is this sea passage that I wish to direct the attention of my readers.

A sea voyage, and one perhaps of a fortnight

in length, is a journey full of evil, accompanied by all that can make life miserable to the majority of Britishers. It is accredited by foreigners, to Englishmen and women that they are capital sailors, and to find one otherwise appears an anomaly to them. No doubt as a nation, from our insular position and character, we hold the rank of being unequalled by any other, possessing pluck, determination, and hardihood, to meet the terrors of the deep. Yet how many dread the very idea of a steamer, and are prepared to take long journeys by land to avoid short ones by sea. It is after having tested largely the effects of railway and sea journeys that I have come to the conclusion that (though a bad sailor) sea voyages are not so detrimental to most invalids, though sick in the way, as the wear and tear of railway journeys, unaccompanied by that disagreeable sensation.

In advocating in many cases the long sea voyage to Egypt, I do so with a conscientious belief that the invalid will arrive in a better condition than if he or she took the weary land journey, with the three days' voyage from Brindisi to Alexandria. The advantages, I conceive to be—1st. Once settled, the anxiety about your

destination and luggage is removed, the annoyance regarding custom-houses, packing and unpacking, are reduced to a minimum : 2*d*, Food, wine, etc., are provided much as one is accustomed to in our own country ; while in passing through the Continent the variety is great : 3*d*, The influence on the mind and body is much more beneficial, even though there is sea sickness, which is in itself, unless very excessive, a good preparation for a warm climate ; it acts by unloading the liver, clearing the stomach and bowels ; thus being a safeguard ; for persons who suffer severely from the malady are less liable to contract diseases which are common to most Europeans on first landing in a tropical climate. Although the liability to certain forms of liver disease is attributed, and justly, to the want of exercise in a tedious sea voyage to India and Australia, this does not hold good regarding the voyage to Alexandria, where benefit is obtained and not obliterated by reason of the length of the voyage : 4*th*, Sea air, and that inhaled without much exertion, has a great influence on the invalid, in restoring tone to the system, and causing a healthy process to be set up. Undoubtedly the great evil is the sea sick-

ness, being so persistent in some people as to cause anxiety regarding life ; death itself from sea sickness rarely occurs ; there are a few recorded cases ; ladies as a rule suffer more than gentlemen. The bulk of travellers, unless the voyage is uncommonly rough, recover after the first few days, getting what is termed in nautical phraseology their "sea legs," and for the remainder of the voyage enjoy themselves. Some individuals are willing to entrust themselves for three days on the sea, who could not contemplate a fortnight's sojourn, unaware that in a three days' sail all the evil is often undergone that pertains to a more extended period.

Patients labouring under phthisis were formerly not recommended to proceed by sea, for fear that the exertion of retching might produce hæmoptysis, or aggravate it if previously in existence ; but experience shows that this is not the case, and, contrary to what might be expected, those cases which derive most good are cases where spitting of blood has been a leading symptom. It has also been proved that phthisical patients are not so amenable to sea sickness as others in more robust health. Young men should not for a moment hesitate to

go by sea ; and in my opinion, in a well-appointed vessel, ladies will find themselves better.

Every week, on a Thursday, from Southampton, sail the Peninsular and Oriental Company's well-built, large, and appointed steamers, whose destination is Alexandria, touching at two places on the way, Gibraltar and Malta ; the attendance, provisions, etc., are calculated, unless overcrowded, to meet the wants of even fastidious Englishmen. The fares, which formerly included wines, are reduced, and the passenger is made to furnish his own wine. Vessels also start from Liverpool, taking longer on the course, but are somewhat cheaper.

We will hope that it is a fine day when we steam along the English Channel ; that Britannia, who rules the waves, has got them well under control ; and that Boreas is asleep. The feelings with which we leave our native shores will be varied ; if as an invalid, we will be able to look forward with expectations, well founded, that our return will be attended with renewed health, by which we will battle more successfully the capricious climate ;—if as tourists, we ought, though we don't always feel it, that when we again land in England our minds will have

been enlarged, our hearts more awakened to sympathise with others, and our whole ideas more cosmopolitan, having discovered that there is something worth imitating in other lands, and that faults occasionally crop up even in our country of freedom ; entering in more fully into the truth, that after all our Globe is not so very large. Appreciating with a greater sense that our shores are free and hospitable, though the channel that divides them from the mainland gives anything but that impression.

An "outward bound" vessel, not many years back, was an object of wonder, and frequently pity ; the individuals on board were supposed to be hurrying far away to a land, where, if you lived, you made a fortune ; if you died you were provided for, giving your friends no further trouble. When you returned, your long absence made you a stranger ; friends had died or aged considerably. But now it is entirely changed ; if so disposed, you can visit friends or relations in India, and return within three months. The increased communication with that country by the new and short routes makes it comparatively near.

The first day on board is not always pleasant,

but usually passes soon, and with the fresh breeze a comfortable night's rest may be enjoyed. Next day usually comes the trouble; the Bay of Biscay is entered upon, and seasickness commences; what advice can be given regarding it? what are the prophylactics? what the specifics? Can any confidence be put in the list of medicines vaunted for its cure? Has chloroform, creosote, opium, brandy, soda-water, etc. etc., any power whatever? Will one of the latest inventions—ice to the spine—prevent it? For this last remedy, I can say it has been tried; and not only is it very troublesome to manage, but it adds frequently lumbago to the sickness. I know nothing that can be called a specific or prophylactic, but a few practical hints can be given to mitigate this evil. In choosing a berth, secure one as near midships as possible, for it is in the centre of the vessel that least motion is felt. Cabins are often fitted up with berths, some of which are placed length-ways with the ship, others situated cross-ways; if it could be ascertained beforehand, which unfortunately it cannot, the motion that is likely to predominate—either rolling or pitching; those berths which are placed cross-ways are most

suitable for a rolling motion, while for a pitching one those that run length-ways ; if there are in the same cabin these two placed berths, both may be tried, to ascertain which affords greatest relief. Before starting, the day previously an aperient ought to be taken, and repeated if necessary during the voyage ; when the bowels are free less sickness is experienced, the liver being unloaded and the bile carried off. Great care must be taken in eating moderately at first, if there is any appetite, for it so often happens that for the first few hours smooth water may be encountered, and with appetites whetted by sea air voyagers are apt to eat freely, and partake of substances not suited for them. Easily digested food ought only to be taken at first, however smooth the passage may appear to be, and if any feeling of sickness, solid food ought to be avoided. Dry toast with tea, biscuits with brandy and water, are amongst the most harmless substances which can be taken, as, even if sickness is induced, it is certainly more comfortable to be so with some food in the stomach ; the constant retching on an empty stomach is very distressing, at the same time too much fluid or food must be

avoided, as in moderation it is of benefit, while in excess it is prejudicial. In the early mornings, when the stomach is empty and an attempt is made to assume the horizontal position, the sense of sickness is often so great that though the sea may be comparatively calm the attempt to get up is avoided; in such cases, before trying to get up, a little bland food ought to be taken, which has often the effect of quieting the stomach, and the person is then able to rise. Much has been said upon going to bed directly the individual gets on board. In short voyages, where the person desires to make no effort to brave the sickness, it is of great use, especially if it is by night; but in a long voyage it is of little benefit. Care ought to be taken to keep the body warm, more particularly the feet, as cold extremities tend to produce sea sickness. When the sickness is severe, appropriate remedies will be given by the medical officer on board, of which there is one to each steamer. It often happens that no solids of any kind are retained, and all that can be taken is iced soda-water or champagne. Considerable relief is gained by sucking ice.

Towards the end of the third day, after leaving

Southampton, the steamer comes in lee of Cape St. Vincent, and the sea usually assumes a more placid appearance. Its influence is felt amongst the passengers, who previously considering themselves moribund,—now revive, and seek the deck, their faces being pale, but assuming a more cheerful aspect. After coasting along the Spanish mainland, Gibraltar is reached at the end of the fifth day if the passage has been favourable.

The first sight of land is always hailed by the majority of passengers, and the idea of setting foot once more on *terra firma* is accompanied with sensations not before felt, if this happens to have been the first voyage. It is enhanced in this case, as it is British soil, and one of her powerful strongholds. None but those who have been outside England, and seen her foreign possessions, can estimate with any accuracy the influence she has. Viewed in the map, the British Isles look insignificant ; but, when associated with her colonies and dependencies, the empire is found to extend over a tenth of the globe, and her influence may be said to be universal.

Gibraltar is an example of a policy that

England seeks to carry out,—to make her influence felt without oppressing people. The barren rock is of no other use but as a strong fortress, which gives to maritime England a means of safety, without in any way interfering with or impoverishing Spain adjoining. It commands the Straits, giving to its possessor a power to protect the fleets of ships that pass and repass into the Mediterranean. Till quite recently three positions were held—Gibraltar, Malta, and the Ionian Islands, which may be said to have commanded the entire Mediterranean ; but, since 1864, those that commanded the Adriatic have been handed over to Greece, with but little good to that infant kingdom, and attended with loss of power to great Britain.

“The Rock,” as it is familiarly called, is 1439 feet at its highest point, and three miles in length ; it is composed of grey limestone. The portion occupied by the town has for a subsoil a reddish earth, and is situated on the eastern aspect, containing a population of 15,000 inhabitants, the military garrison consisting of from 5000 to 6000 men.

As regards the climate of Gibraltar, much cannot be said so as to recommend it as superior

to many places nearer home. Yet it has some advantages. It is under British protection, containing many English residents, military and civil. The hotel accommodation is fair. Markets well supplied; constant and regular communication with England. There are various forms and places of amusement; a library, with the daily papers; a good promenade is found, and excursions can be made into Spain and to the opposite coast, to Tangiers, etc.

Climate.—The prevailing winds are, during the winter, westerly, north-westerly, or south-westerly; in the summer months more easterly; though easterly winds occur also in winter, bringing rain and fog. The westerly winds are mostly dry, and produce clear weather. The seasons are conveniently divided into hot and rainy; the first may be said to comprise five months of the year, from May till September, the remaining months being more or less rainy. During the hot season no rain falls. In our winter months of November, January, and February, the greatest rainfall is experienced, and the greatest number of rainy days is in April; the total number of rainy days in the year are 68. Occasionally snow falls, but does

not lie, and a small pellicle of ice may be seen in the early morning, but not often. The rainy days unfortunately occur in greatest abundance at the period of the year most suitable for invalids, consequently damaging it as a place of health resort. Notwithstanding the rain and its insular position, the air is not charged with moisture to such an extent as would be supposed, being but three-fourths saturated with vapour. Certain winds increase the amount, more especially the sirocco or south-east. The temperature varies. In January and February we have the thermometer at its lowest, when the mean is $53^{\circ}.77$, while the mean temperature for the winter months is 58° . August is the hottest month, and gives a mean of $76^{\circ}.6$.

The drainage and other sanitary conditions of Gibraltar are very deficient, causing much sickness amongst the civil and military population. It has been improved of late years, but still requires more. Good water is with difficulty obtained, the sources being chiefly from rain collected in tanks, from wells which contain brackish water, and also from a surface aqueduct. This is a serious drawback in the place. The diseases most prevalent amongst the

town population are fever, diarrhoea, dysentery ; and it has been visited by epidemics of more severe diseases that occasionally come to Europe, such as bubo, yellow fever, and cholera. The annual mortality is very high amongst all classes of the community, though it has been considerably reduced amongst the military class by increased attention being paid to securing healthy quarters, etc. According to the army reports the health of the troops in Gibraltar is better than in Malta ; from these reports we also learn that the mortality from phthisis is less than in our own country, and has of late years been reduced by discovering the disease earlier and treating it, and from the habit of sending the invalids home. The encamping out of the troops is considered favourable to its reduction. Persons leaving England in October might spend part of the month on the Rock with benefit, before proceeding farther south.

In leaving the subject, I may mention that the great lion of the place is the series of subterranean galleries, by which the lower part of the town could be blown up if necessity required it. When the invalid seeks to visit and


explore them, care must be taken while under ground to take necessary precautions regarding dress, so as not to get a chill. Invalids not desirous of proceeding much farther from home, and not satisfied with the place, might proceed by steamer to Malaga or Tangiers ; both places are suitable in chest diseases.

From Gibraltar to Malta is three or four days' steam ; and if the traveller proceeds, he will exchange the boisterous Atlantic for the more placid Mediterranean, whose waters, however, can be lashed into a most disagreeable sea, termed "chopping" by sailors, which in some cases produces a worse effect than the more noble waves of the Atlantic.

On entering the Mediterranean an increase in the temperature is experienced, and the traveller will begin to enjoy the voyage, and able to spend most of the time on deck. While there he can contemplate the clear atmosphere overhead, and his eyes can revel in the deep blue waters of that inland sea, containing new animal life hitherto unknown to those who have not travelled. Of an early morning the dolphins may be seen gamboling in the tract of the steamer, or preceding it, rejoicing in an

opportunity of outstripping any antagonist in speed. English steamers, as a rule, stop at Malta. All the Peninsular and Oriental Company's regularly put in, both in their outward and homeward voyage, as it forms a good coal-ing depot, and is a British possession.

The island of Malta, forming a kind of central spot in the irregular inland sea, is nearly 60 miles in circumference, and 17 miles in length, while in breadth it is 8. It presents a flat surface, and has only elevations to between 500 and 600 feet high, which gives the general landscape a most uninteresting and monotonous look. Valetta is the chief town, and it is in its commodious harbour that ships anchor. It is here also, with its suburb Sliema, that invalids find best accommodation, and where the military and civil English population is congregated. The town stands on a rocky promontory, and is more particularly noted for its numerous stairs, which vie in number and tediousness with the priests and mendicants that crowd its streets. In no place does Catholicism rule in such a supreme manner ; and during the recent political changes no place would have received the Father of the Church with a better welcome.



It is the boast of the English Government that the Protestant and Catholic churches can stand in juxtaposition to a Mohammedan mosque, Hindoo temple, or other edifice, where worship is conducted amongst the many millions that compose the empire of Great Britain, and that toleration in its widest and fullest sense must be exercised.

Malta is an example where Protestant England allows a religion opposed to that of the land to be rampant, and that in a form where ignorance, in combination with priestcraft, are at their height. Little is allowed to be done to keep in check or stop the bigotry of the inhabitants. Surely something could be done by which a great reduction might be made amongst the spiritual fathers and shepherds ; also the natives might receive a proper liberal education, and thus in some measure rise above the religious thralldom they endure. Every other nation sees the importance of curtailing the ultramontane element, and seeks to make a reduction amongst the hordes of lazy individuals that pursue a religious life to the exclusion of every other calling.

Having got reconciled to the stairs, monks,

and beggars, Valetta will be found to have many attractions for the visitor; it forms a kind of link between Europe and Africa, which is manifest in the babel of languages, and diversities of costume in the streets, which are semi-Italian, semi-Moorish. The dress of the ladies is a hybrid between European and African, the entire figure being covered by a black mantle, which corresponds to the "izzar" of Mohammedan countries. The streets are built regularly but narrow; they present a clean appearance, and are usually crowded with natives. The attractions to residents are found in English society, as, even in times of peace, there is a large garrison; the Mediterranean fleet also has its headquarters in the harbour; a very good library; a university; an opera; several churches, the most celebrated being that of the Knights of St. John; excursions by boat to the neighbouring island of Goza, or on horseback to the villages near. To those fond of engineering or military pursuits there are additional charms in the fortifications and other works, which are constructed to sustain a lengthy siege, and all these can be enjoyed with a feeling that, though a considerable way

from home, you are amongst friends ; the regular arrival and departure of steamers make the distance appear less.

To the invalid the climate affords the chief attractions, which in many cases is of the greatest value, more especially, though not exclusively, to chest diseases. The temperature varies, and, as in Gibraltar, we have two distinct seasons. The months of May, June, July, and August are almost rainless ; during the remaining months more or less rain falls, the greatest amount being experienced in November, January, and February. The coldest month is January, then comes December and February ; the mean temperature for January is 57° . July is the hottest month ; annual mean temperature is 68° . The windyness of Valetta forms a great drawback to the town, which, however, keeps the atmosphere clear night and day. The most prevalent winds are the north-west and north-east—the latter is very cold and disagreeable ; while, on the other hand, the south-easterly winds are excessively warm, humid, and depressing, having a detrimental effect on all invalids, and even on people in good health ; they are most frequent in the autumn. On the

whole the air is dryer than at Gibraltar. The number of rainy days in the winter are many, especially during the month of November ; each month yields on an average a dozen wet days. The drainage and other sanitary arrangements are improved. The water supply is considered good, the chief supply being got from a spring in the neighbourhood, and conveyed by an aqueduct to the town.

The forms of disease most frequent amongst the natives are similar to those met with in Gibraltar, with the addition of malaria, but this is not developed to any great amount. As a winter sanitarium it ranks higher than Italy, South of France, or Sicily. Dr. Walshe, in his notes on climate, attached to his work on *Disease of the Lungs*, sums up with regard to Malta—“I can certainly aver I have not known a single instance in which any evil changes in the disease (phthisis) could be fairly traced to the climate, and I have had a small number of patients advanced in the third, in whom a reprieve of some years might reasonably be credited to its influence. In one of these cases, so grave in all respects that the attempt to reach the island seemed seriously hazardous, life was made

abundantly enjoyable for three successive winters, and might, to all seeming, have gone on for more, had not a violent attack of pleuro-pneumonia of the latter, being brought on by a chill in a midnight boating excursion, put a sudden end to life." I can only add, as a place of call, either going to or returning from Egypt, a short time may be spent with profit, but being so near a much finer climate it would be a pity to lose the chance of getting a greater benefit from the balmy dry air of Egypt. October, November, and April are good months for staying, if persons are desirous of doing so, on their way to Cairo or the Nile.

CHAPTER II.

EGYPT.

THE voyage from Malta to Alexandria occupies nearly three days by a fast steamer. Leaving Valetta on a Monday evening, the port of Alexandria will be reached by noon on Thursday. It is not till the vessel gets near to the shore that the flat coast around Alexandria can be detected, and amongst the first objects that catch the eye are the numerous wind-mills that fringe the shore. While in many parts of the Mediterranean it is difficult to find an anchorage from the abruptness of the coast, we find the reverse on approaching the Egyptian coast, the water being so shallow that it requires considerable skill to pass through the opening in the bar; once passed, however, the commodious harbour of Alexandria affords ample room and safety for the largest vessels.

As the steamer comes to her anchorage the traveller can make a cursory survey of the extent

of shipping, collected from all parts of Europe, and if previously unacquainted with the flags of the various European and Eastern countries, can here study the subject ; though the crescent, with its red background, is indigenous to the place, the Union Jack is represented in such profusion as almost to equal it ; the tricolor of France, Germany, and Belgium, make their appearance, also Austria, Russia, and Italy, are not behindhand in steamers and other trading vessels. However, the passenger is not left long in study or contemplation, for scarcely has the vessel selected her moorings when the water around is alive with small boats, clinging to her sides like so many leeches, each crew striving with its neighbour for the nearest place to the landing-steps attached to the steamer. Before any can enter the vessel, the formalities of quarantine must be gone through, and when a satisfactory bill of health has been produced, and the vessel pronounced to be free, then may be seen the Arabs from the boats swarming over the bulwarks, and a state of confusion commences. The traveller, unaccustomed to Easterns and their ways, is often at a loss what to do ; for, being assailed in broken English by numbers of boatmen, who generally produce cards belonging to

one of the hotels in Alexandria, and without waiting for an answer to their questions, seize some stray piece of luggage, and run off with it to their boat,—and while you may be engaged rescuing one article of your luggage another part may be conveyed by other boatmen to their boat ; thus, unless a person looks well after his belongings, he may have the various articles of his luggage deposited in more than one boat.

After considerable annoyance and trouble you get yourself and luggage safely in a boat, when a new difficulty arises. If fresh from England you act as if there, and never dream of making a bargain beforehand with the boatmen before starting, and even if you have learnt by experience, through journeys in Italy or elsewhere, the necessity of having a clear understanding about fares, one is led away by the novelty of the situation and the desire to be on shore, that you pass it over. But you are soon reminded of the necessity of having a fixed price, and knowing something about it beforehand, for the Arabs stop rowing, and begin to ask in broken English what you are going to give them, and if they do not consider it enough often refuse to row any further. It only requires in these cases a little

firmness and a previous knowledge that the fare is a shilling for each person, with something extra for baggage. No people in the world require more firmness of treatment than the Arabs, and none are so quick in finding out whether you are afraid of them. If they get the mastery, little can be done with them afterwards. They look upon every traveller as a species of prey, and, without any regard for the future, seek to extract as much money as possible at the time. If the lesson of having a clear understanding about what has to be paid beforehand for any service or articles purchased has not been learnt, it must now be done ; for a knowledge of who you have to deal with, and the fact that nothing in the east has a fixed price, adds much to the pleasure of a sojourn in Egypt. Nothing is so vexing to an Englishman than the idea he has been "done," no matter the amount lost ; the bare fact of having been cheated puts many men out of temper. That travellers cannot avoid paying extra for everything, all will be prepared for, as even the most experienced cannot escape this ; but when it comes to paying four, five, and even more times the value for goods or services done, then it becomes an evil.

Having safely landed, and satisfied, to some extent, the boatmen, another evil still awaits you—that is, the custom-house, which is happily not strict, and can be easily passed ; but if anybody is desirous to pass without having their boxes in any way disturbed, it is necessary to give a rupee to the officer in charge, and he will refrain from making any examination. Escaping from the custom-house, you become at once the property of donkey-boys, porters, hotel touters, and dragomen, whose combined jargon gets louder and louder, as if the person who spoke loudest had the greatest right to your person : however, after you make your way to the wagonette belonging to the Hotel Abbat, which is the best in Alexandria, you get rid of your tormentors, and are able to look back on your landing with pleasure, as rather an adventure.

Alexandria.—To the traveller, invalid or otherwise, the first contact with Eastern life is a source of much pleasure : the novelty of everything which we look upon so entirely different from what we see in the West, as different as black is from white. The sky is cloudless, a striking contrast to murky England ; a clear atmosphere. The sunshine lights up and gives a

beauty to things which otherwise would look anything but beautiful ; the mere details of climate are forgotten entirely in the strange mixture of people, the variety of language, the diversity of costume, the usages and customs so different from Europe.

Any who are fond of the study of human nature have here ample opportunity, for this cosmopolitan Eastern capital furnishes materials from nearly all parts of the world, and, so to speak, in a condensed form. Take a position (a good one is the entrance of Abbat's Hotel) where people congregate, or are likely to pass. Study them as they walk by : here goes a Nubian, as black and shining as a well-brushed boot ; in proximity to him may be seen the native Egyptian, whose swarthy complexion and well-formed features contrast favourably with his brother who hails from the interior ; let your eye wander but a little, and, if you mistake not by his walk, dress, gesticulations, your eye rests on a Frenchman, who may be, perhaps, in conversation with somebody not unlike him, but who comes from sunny Italy ; raise the eyes to the balconies on the neighbouring houses, and scan the faces of the ladies, and you will find them

possessed with classic features ; and, though they may never have been in Greece, their fathers or forefathers were natives of that country. Who is this coming riding on a donkey ? His portly figure and guttural language point to a native of the Fatherland ; and so, in a brief time, a dozen nationalities may present themselves. What a jumble of languages are constantly falling on the stranger's ear ! not only all the European languages are heard, but a patois made out of a combination of them. No town with so few inhabitants, with the exception of Algiers, presents such an assemblage of representatives from all parts of the world.

After having got accustomed somewhat to the variety of circumstances, and recovered, to a certain extent, the fatigue of landing, the traveller will seek to explore the town, and in order to do this the services of a dragoman are sometimes required ; at anyrate, if the traveller seeks to stir from his hotel, he is pestered by these men, whose knowledge of English, unfortunately, is in exact proportion to their rascality,—a curious anomaly : the greater contact Orientals have with the Western world, the evil in their character seems to develop ; they have a pecu-

liar knack of acquiring the evils belonging to civilisation, and seem entirely to reject the attending good. So aware of this fact are residents in the East, that they endeavour to procure for servants natives who know but little of any European language, and more especially English. British kindness, open-heartedness, and, above all, gold, have a power in making natives of Egypt corrupt. To a traveller it matters little if he is cheated, for it will only be for a short time ; and a feeling arises amongst most that it is too much bother to try and correct anything in the natives which may not exactly please them ; and so the Egyptian begins to think often that the English are ignorant of his craft, or indifferent to what he does. The dragomen, from a vast experience amongst the numbers of our countrymen that annually or rather weekly pass through Egypt, know exactly their failings, and can frequently manage them to a nicety, using their knowledge to anything but the advantage of their employer. It is right that they should be looked on as unavoidable evils, and, if you are on your guard, can be used to much advantage ; the great thing to remember is, more especially amongst those whom

you are likely to be long with, that if you are to get things done in the right way you must make your authority felt ; never allow them to get the mastery over you. Many a trip up the Nile or tour through Palestine has been made disagreeable by the dragoman getting the upper hand ; anything that is reasonable insist on ; don't be put off from doing certain things or seeing certain places by got up stories about distance, or the dangerous state of the roads, for often temples not far distant from the banks of the Nile are not visited because dragomen don't care to pay a few extra piastres for donkeys and guides. Before entering into a contract with a dragoman be careful to find out what is the usual amount paid for the day or week, or whatever time you seek to engage him for ; when it extends over a week a written contract must be drawn out and signed by both parties in the English consulate.

In making purchases in the town, bear in mind the fact that dragomen, instead of reducing the price of articles, as is often innocently believed by parties, always increase the price, for they are in league with the shopkeepers, and actually keep them in order by refusing to bring

purchasers unless a percentage is given on articles bought; from whose pocket this percentage comes I need hardly add; though I fully agree with the charitable idea entertained by some travellers that, for Europeans enjoying the fine climate, the natives have a right to make profit on strangers, yet when the percentage is not confined to ten or twenty, but reaches to cent per cent, and even higher, and also that the profits thus obtained by dragomen are not used in benefiting their families, but is squandered in places where games of chance are carried on, one is not led to look so favourably on their profits; the idea of making hay while the sun shines, and providing for a rainy day, seems out of their calculation, so that sickness or a bad season of travellers reduces their families to a state bordering on starvation. In order to be not taken in too much, find out from guide-books or other sources what is a fair price for donkeys, carriages, etc. etc., and, in making a bargain, offer a reasonable price, and you will generally succeed in getting what you want. It is often the case that persons possessed of large means do not like to be kept waiting by bargaining, and they give what is asked, and though it is no differ-

ence to them, it has the effect of raising the prices for all; in this way so many fashionable places, where the English and Americans resort, soon become so dear that only people of wealth can reside in them.

There is another class of the community that soon make themselves known to the public, and of whom a better character can be given, these are the donkey boys. They have no analogue in any other country,—neither themselves nor their animals. The boys are quick and intelligent, having a somewhat vague knowledge of English, which they acquire by constantly reiterating certain phrases they hear repeated frequently, by those they are in attendance on, one lad often acting as instructor to others. From picking up entirely by ear, and having but a faint idea what the exact meaning is of the sentences they utter, they address one generally in the first person, with a few broken phrases in English. The naming of their donkeys is a source of interest to them, and certainly of pleasure to the traveller. On my first visit to Egypt “John Bright,” and “Gladstone,” were conspicuous donkeys, being at the time when these men were in the zenith of their power. These celebrated names stood

strangely in contrast with such as "Yankee Doodle," or "Maccaroni." On returning after the Franco-Prussian war, all seemed to have succumbed to the universal name of "Bismarck." These donkey boys are for the most part honest fellows, possessing a desire to please their employers, and that in a most unselfish way. To the animals themselves they show much kindness, and seem vexed if they are beaten.

The donkey of Egypt is of a different temperament to those of our own country, and is the chief means of locomotion for gentlemen, and would be for ladies if side-saddles were introduced; but it has not dawned upon the natives that Western ladies do not ride like gentlemen, as is the practice amongst Eastern women.

Having viewed the squares and streets, with the Bazaar, the traveller will be glad, after a short stroll, to return to the hotel, there being few attractions in Alexandria itself for visitors. The town is now assuming a semi-European look the native part being yearly replaced by more modern houses and streets.

The first day in Alexandria is always a period to look back upon; but the recollections of the first night do not always come up with the

most pleasant remembrances. There is much of novelty—the warmth and clearness of the atmosphere, the starry heavens, the death-like stillness, contrasted with the constant noise and activity that the town presented a few hours previously; this quietness is every now and then broken by the barking of the dogs, who during the day time appear a lazy, mangy, cowardly set, but during the night assume a fierceness that is not always pleasant for a stray passer by.

In retiring to rest the stranger is introduced to what forms certainly one of the drawbacks of the Egyptian climate—I mean the mosquitoes. The air of Alexandria, from its proximity to the sea, is moist, and, after sunset, a fine but penetrating dew falls, which must be avoided by the invalid, who ought on no pretext whatever to be out after the sun is set, as the chill produced by the damp evening air is a source of great mischief in aggravating chest symptoms. Even healthy persons ought to avoid this dew, and wrap themselves up in a shawl or greatcoat. It is this dampness in the atmosphere which favours the growth of mosquitoes, and causes them to be prevalent more

or less all the year round, while in Cairo they are confined more to the hot season. To the majority of people they are a source of great annoyance, not only from their sting, which produces considerable swelling, and, if scratched, develops into a pustule, but they also prevent many from sleeping by the peculiar humming they cause when flying around the head of their victim. The most effectual remedy against them is the mosquito curtain, which, when whole and well looked after, excludes them entirely. It is always advantageous, before getting into bed, to examine the inside of the curtain well, to see none are secreted within. These animals being generated outside, and making good their entrance into houses during the night, as soon as it is dark, it is always necessary to have the windows of the bedroom closed after sunset, so as to prevent them coming in. Of medicinal substances, carbolic acid possesses a power in a room of preventing them remaining; and as a lotion, with glycerine, is beneficial in mitigating the irritation produced by their bite, it must be applied in a diluted form. Amongst other applications to reduce the itching and swelling, few substances suit

better than eau-de-cologne or sal-volatile, it being necessary in all cases to refrain from scratching the bite, which increases the irritation, and leads, in delicate skins, to the formation, as I have previously mentioned, of a pustule. Another insect that causes inconvenience is the flea, which is developed to a previously unheard-of extent. However clean the hotels are, it is almost impossible to keep this small creature out, for as persons walk in the crowded streets they pick them up from the natives. A sure remedy for their destruction is Persian powder, which all ought to take with them if they intend travelling in the East.

Before the traveller has had his full quota of sleep, he will be awakened by the noise in the streets, for as the animal life seems called into existence by the rising sun, so it has the power of giving to the Easterns activity ; they may be said to go to bed with the sun and rise with it. When the first rays of the sun show themselves, the native population, as if by magic, seem simultaneously to rise and pursue the avocations of life, and with the brilliant sun streaming in at the windows a European has few inducements for lying in bed. The sights near Alex-

andria are soon seen, comprising Cleopatra's Needle, Pompey's Pillar, and the garden of the Viceroy.

Few travellers are enamoured with Alexandria, and seek as soon as possible, to reach Cairo. In former years this was rather an undertaking, but now that the railway is opened, it can be comparatively easily accomplished. Egyptian railways are not noted for speed, and the stoppages, varying in length, cannot always be satisfactorily accounted for; yet Cairo is an easy day's journey. It has been the misfortune of some passengers to spend a night in a railway carriage, on account of some breakdown, and others have been detained for several hours at stations, or at places where there were no signs of habitations. On one occasion history and report join in relating that a train was brought to a standstill where no station was visible, and when several English passengers made inquiry of the guard the cause of the delay, they were quietly informed that some Pasha was travelling, and he was unable to get a siesta, which he believed himself in need of, while the train was in motion, so it had been stopped that he might enjoy it,—that when it was completed the train

would move on. At sunset it is not an uncommon thing to have the train detained or stopped in order that the Mahommedans might say or rather go through their prayers, as the crowded carriages afford insufficient room for the flexions and prostrations that accompany their devotions. The Arabs have little idea of time, and act according to a proverb amongst them that speed is connected with the "jinns," for they assert that "Haste comes from the devil."

The railway from Alexandria to Cairo passes through the Delta, and luxuriant crops of corn, cotton, sugar-cane, grass, and rice may be seen. The landscape is flat ; here and there mud villages, with the refuse of ages collected around them, are seen ; the peasants in their neighbourhood are employed in rude agriculture, their favourite and nearly only beast of burden being the buffalo. The journey is usually accomplished in from six to eight hours when the terminus is reached. Outside the station are a variety of vehicles waiting to convey passengers to the different hotels, which of late years have increased in numbers and improved in many respects, so that the invalid can look forward to be as well housed and have as good cooking

as on the Continent of Europe. The over-crowding, which was formerly experienced when the overland passengers passed through the town, is obviated by the direct line from Alexandria to Suez, also from the number of hotels being increased, so that all are not obliged to resort to Shepherd's, as being the only decent one in the place. Besides Shepherd's are the New Hotel, lately built, and fitted up according to modern ideas, and the Hotel du Nil; this last I can recommend as being especially suited for the invalid, quiet and pleasant; the cooking is not equalled in any other hotel; the only drawback is the entrance, but once in the hotel everything is nice. I can also myself speak highly of the landlord, who does everything in his power to make his guests comfortable.

Cairo is a better specimen of an Oriental town than Alexandria,—in former years even more so, as recent improvements are making it assume a more European aspect; and in order to get glimpses of Oriental life, in its original forms, it is necessary to penetrate the small streets and bazaars in the centre of the town. In these retreats one can associate the romances of the Arabian Nights, and can conjure up afresh, but

in a more vivid manner, these stories of youth. It is an endless source of amusement to watch the ways of the natives, to study their character as one strolls along the street, and, as in Alexandria, the various costumes strike the eye. For the sojourner in quest of health, or seeking a change for an over-worked mind, which has been gradually giving way under much mental activity, worry, or anxiety, no town equals it. To find that, daily, he can enjoy a cloudless sky, having no fear of rain, for it falls but rarely, a shower or two during the night being the most ; the never-failing topic of conversation, the weather, is almost entirely removed ; and it appears a needless remark, morning after morning, to repeat, "What a fine day this promises to be,"—a self-evident fact. Expressions like rainy, foggy, soft, frosty, are almost unknown in the Egyptian vocabulary.

My chief object is to show, from a medical point of view, the climate, and its influence over disease, taking Cairo as the best specimen of a town to live in ; but the remarks on climate will hold good for other parts of Lower Egypt, though made with special reference to the capital. To arrive at a knowledge of the true cha-

racter of a climate, we must take into consideration the meteorological phenomena, the natives and their diseases, with the experience of invalids. In looking into the first, we find many conditions that point to it as a desirable place for various forms of disease, when we consider that no rain falls, or none to speak of: during the night the light sleeper may be awoken by a passing shower pattering against the window, but it is confined to this. It is rain that spoils so many other sanatoria, and has a greater effect than in our own country, as it lowers the temperature, and confines people to the house, and that often in rooms not in any way suited to resist cold or afford means for artificial warming, which circumstance often makes many people disgusted with their winters in the south of France and Italy.

It must be granted that in Egypt there are, perhaps, fewer ways of procuring artificial heat than on the Continent; but they are never required, extra clothing being alone sufficient for any change in the temperature. The open air can be enjoyed day after day, and under the most favourable circumstances—a matter of the highest consideration for a phthisical patient,

being, perhaps, the chief thing in change. The depression often felt during a wet day is entirely absent; and there are no actual impediments in the way of a complete cure. With ordinary care, intercurrent pneumonia or pleurisy, which so often cut short the life of the consumptive, can be avoided; and there is little risk of the sound lung being damaged. If the winter continued uninterrupted throughout the year, it would be certainly a paradise for patients with delicate chests; but towards the end of March the hot weather commences, and the Khamzîn blows with frequency, producing a most depressing effect on the delicate, and a retrograde progress is apt to be set up. During the months of October, November, December, January, February, and March, it cannot be equalled for climate. The difference of the temperature after sunset, and before the sun has risen high above the horizon, is a drawback, but the evils that arise from this can be avoided by the invalid never remaining out after sunset, and not proceeding too early into the open air in the morning. Fires are not usually required. Great caution must be taken not to be in any way exposed to the dew that falls at night: though in Cairo it is much less than in Alexan-

dria, nevertheless a perceptible moisture may be felt. The heat during the day is not too oppressive for exercise to be taken in places where the direct rays of the sun do not penetrate. Though the thermometer ranges as high as or above 80° in the shade, the feeling of heat is not equal to when it is even lower in our own country. It has been remarked by foreigners that London is one of the hottest places in Europe, not from the temperature ranging so high as perhaps many other places, but from the amount of moisture in the air preventing evaporation, thus increasing the feeling of heat considerably. In Cairo it is the opposite; the air being so dry a greater height of temperature can be borne with convenience. From nine in the morning till sunset, which is about six o'clock, there is nothing to prevent the invalid from being in the open air, and that not for a day, a week, or a month, but continuously all the winter through. It is not necessary always to be walking; part of the day may be spent leisurely under a shaded spot in the garden: donkey rides, carriage exercise, a quiet stroll amongst the bazaars, or in the Uzbekieh, can fill up the day.

Besides the climate, Cairo is a cheerful lively

place, assuming yearly a European look, and the influx of tourists and invalids from all parts of the Continent is annually increasing. It has several places of amusement, which, though not exactly suited for the invalid, at any rate make the place more agreeable for his friends. There is an opera, theatre, circus ; during the season there are three days of racing, which, I may add, are bereft of the ugly features that have brought our own into being regarded often as low resorts, they are of a most innocent character, being rather novel in some respects, for donkeys and camels compete as well as horses. English books and other publications of the latest dates can be had. At the hotels may be found the several household games familiar in England.

In bringing Cairo under the notice of invalids, I cannot assert that it is altogether destitute of faults. If I were to do so I might be said to be blind to its defects. I conceive the chief objection to be its distance from England, —six days being occupied in travelling, three of which are by sea,—also the expense attendant on the journey, and residence there.

It has been urged, regarding Egypt, whether it is right in a physician to order a patient so many

miles from his native country, and to make him part with home comforts and friends, with sometimes the prospect of dying in a heathen land. No, decidedly not, would be the answer of all when asked such a question, if there was no chance of recovery ; but as Egypt affords such a fine climate, those who are able to go, though separated far from their friends, if desirous of life, should endeavour to forget the distance, and in examining the constant communication with their native land and the numbers of their countrymen resident in and visiting Egypt, the actual distance will not be so evident ; besides, from quick travelling by the new route, the time is reduced to six days. Telegrams can easily be sent, and that speedily. Letters and newspapers arrive weekly, and are rarely lost, as is so frequently the case in Italy, for there exists an English post-office in Cairo.

The traveller feels more at home in Egypt than perhaps in many places that are not very far from Great Britain ; the constant stream of outward and homeward bound passengers from and to India makes the country appear almost as an English settlement. The three days' sea voyage to some people is an insurmountable

barrier, and unfortunately it cannot be altered; all that can be said is that the ships are well appointed, and a short sea voyage previous to settling in a warm climate is beneficial for all.

As regards expense, this will be always high, on account of procuring necessities of life from the continent of Europe. The hotels take travellers for so much a day, and the charges vary from twelve shillings and sixpence per day to sixteen shillings, or in French money fifteen francs to a Napoleon, without wine : first-rate accommodation can be got for fifteen francs at the Hotel du Nil. The railway and sea voyage is expensive, the passage money by the steamer from Brindisi being twelve pounds. In calculating expense, it must be borne in mind that Egypt cannot be left direct for England; that Italy, Malta, south of France, and other places must be taken *en route*, so that too sudden a change of climate is avoided.

In quitting England the invalid and traveller leave behind them diseases that are common to the sea-girt moist island, and in traversing the country to a more southern and tropical climate they encounter new forms of the great enemy. It is to these I would direct the attention of all

that set out for these sunny regions, giving a few of the most apparent causes, with directions and precautions how to avoid them.

It is the organs contained in the upper part of the body, or thorax, that are most liable to disease in cold climates, while in warm it is the organs situated in the abdomen that suffer most. Instead of inflammation of the lungs we have inflamed liver ; for pleurisy we get peritonitis ; for increased discharge from the bronchi, or bronchitis, we get increased flux of the mucous membrane of the bowels, constituting diarrhoea, which, when aggravated, leads to dysentery. These two last are the most common diseases which attack the fresh arrival from Europe.

Diarrhoea is produced from several causes. The action of cold is one source. During the day there is an increase of the temperature, whilst at night the temperature is much lowered, so that often the whole surface of the body is chilled, throwing the blood on the internal organs, and in many cases producing the disease. Too free indulgence in fruit, which is plentiful in Egypt, and being rather a luxury to the majority of Englishmen during the winter,

is eaten to excess. Drinking freely of Nile water is another cause in the production of this complaint. Though the water drunk in Cairo is not taken directly from the river, yet it possesses like properties, affecting some individuals more than others. Errors of diet produce the disease. It is some little time before the traveller gets accustomed to the new regimen.

Dysentery, as a rule, follows neglected diarrhoea, or more rarely arises idiopathically. When it does show itself, it forms, as in other countries, an obstinate disease, and it is advisable for the patient to get out of Cairo as soon as possible. These diseases often commence when the visitor first arrives, and, if care is taken, as the system gets accustomed to the new climate and food they disappear.

Cholera, a disease closely allied to the above appears at uncertain intervals. No wise person would seek to go to Cairo for a winter residence if it was prevalent. Information regarding its whereabouts can easily be obtained before starting.

Liver diseases come perhaps next in frequency, and depend, amongst Europeans, chiefly on the injudicious use of too much animal food or the

abuse of spirits. Our cold climate and Saxon pedigree make us large eaters of animal food, and when resident in a hot climate we are apt to carry our carnivorous ideas with us, and eat as freely as we have been accustomed in our own climate, producing, in many cases, congestion of the liver. Though I do not advocate a low diet, or desire to put an invalid or visitor on the dietary of the natives, which consists chiefly of vegetables, at the same time I hold that an intermediate course ought to be taken—a combination of the animal and vegetable diet, where the latter somewhat prevails. Green vegetables are certainly not the best, often, as in our own country, producing intestinal irritation ; but the addition of rice to the animal food is a good preservative, suiting most people well. In a warm climate it enters largely into the viands of natives who can afford it, and seems a vegetable well fitted for tropical regions. As a rule, spirits of all sorts ought to be avoided, and claret drunk chiefly, or other light Rhine or Hungarian wines. If ordinary care is taken, these diseases are entirely avoided.

Malarious diseases.—This class of disease is not so frequent as formerly, and, though cases

of intermittent fever occur, and dysentery may arise from malarial poison, the yearly improvements in and around the town are reducing the number of such cases.

Ophthalmia.—Amongst the lower orders it is a somewhat difficult task to find many individuals having possession of two perfect eyes. This fact is accounted for in many ways. The rays of the sun during the summer months produce much ophthalmia, as the head-dress of the Arabs affords little protection against the sun-light. From the filthiness of the Arabs, infection is carried from diseased eyes to healthy ones, chiefly by means of flies, which may be seen feeding undisturbed in rows on infected eyelids. These convey the poison to sound eyes. The disease at first is simple conjunctivitis, which, with a little care and cleanliness, could soon be removed, but is allowed to run its course unchecked, producing inflammation of the deeper and more important structures of the eye, which ends in loss or diminution of the eyesight. In former years, devoted mothers, acting according to their idea of good, to prevent their sons being made soldiers when old enough, purposely blinded them in one eye, which made them un-

fit for that employment. A one-eyed regiment having been instituted, the stratagem no longer held good, and was abandoned. Travellers having sufficient protection from the sun by means of suitable hats and umbrellas, and paying attention to the usual rules of cleanliness, can easily escape the disease ; and, if it does occur, the disease can be got rid of by taking some mild aperient medicine, and washing the eyes frequently with a lotion containing two grains of sulphate of zinc to an ounce of water.

Sunstroke.—The cases occurring amongst strangers are very few. Proper protection of the head, and more especially the back of the neck, against the heat of the sun, with the use of an umbrella, precludes the possibility of getting such a thing.

Skin-diseases.—The excessive heat produces, on inhabitants of more northern countries, an irritation of the skin, called familiarly “prickly heat.” Though most unpleasant at its onset, it rarely troubles individuals long. Saline medicines, with precautions to keep the temperature of the body reduced by remaining much in the shade, usually suffice to disperse the disease. Full-blooded people are apt to

suffer from boils, which are painful and extremely inconvenient. Cooling aperients, with a restricted diet, favour their disappearance. Beyond these, skin-diseases rarely trouble those who winter in Cairo.

The Plague is the curse of Egypt, but happily only makes its appearance at certain periods ; its prevalence during any particular season can be ascertained beforehand, when it will be advisable not to enter the country.

Having thus briefly enumerated the diseases that are liable to attack Europeans who may remain the winter in Egypt, I will now proceed to point out the diseases that derive benefit from such a residence. In a country like England, where registration of deaths is kept regularly, and has been for some years, we can form a just estimate of the diseases that stand out most prominent on the death list. Of the many fatal diseases that work havoc amongst us, phthisis stands first, and is to our country what the plague is to Egypt, cholera to India, and yellow fever to the West Indies. Unlike these diseases in rapidity of attack and proving fatal in a few hours, breaking out at certain seasons and apparently lying dormant

for periods, the length of which varies—it is insidious in its origin, with no very alarming symptom noticeable in its victim to give warning of its advent : it pursues its course so quietly in the majority of cases, that, before its full nature is perceived it has undermined the constitution. Its subjects are not struck down by hundreds or thousands in a place, so that villages are decimated ; one here and there in a family, a village, or part of a town, and that so quietly that no alarm, so characteristic of the scourges of warm climates, is felt amongst the neighbours. The bare mention of cholera in our own country produces a painful impression on the minds of most persons, reminding them of the most fatal and most loathsome disease. In fact, no stronger name can be got for any rapidly fatal disease than that it resembles cholera. Its presence in our midst has the effect of putting all our sanitary and medical knowledge in an attitude of defence, and numbers seek to avoid or flee from it. Its onslaught is certainly impressive, but happily its visitations are few ; and even where it is indigenous it is influenced and controlled by atmospheric phenomena, exhausting itself in one place, or assuming a dormant

character in another, again to receive fresh life after a short period. Phthisis, on the other hand, is ever in our midst ; at no time actually raging, at no time quiescent ; not revelling particularly in the habitations of filth, vice, and starvation, but finding a nidus in the homes of the noble, the rich, and the fair—apparently as familiar with ease and comfort as with the opposite conditions, which usually foster other fatal diseases. In analysing closely the Registrar-General's report, we find that of every hundred deaths from all causes in Great Britain, twelve proceed from phthisis. In Ireland it is somewhat higher, being one in eight. The question naturally arises, From whence comes this great mortality ? We have to look to our climate as one of the great causes ; everything in our atmosphere, with its sudden changes and irregularities, conduces to derangement of the thoracic viscera, producing phthisis, bronchitis, pneumonia, pleurisy, etc. In warm climates it is the abdominal viscera that are the seat of so many fatal diseases. Next comes hereditary tendency. This has been proved, no doubt, as a fruitful source of the disease, but perhaps more over-

estimated than it should be. Few will deny that when two persons are united, in whose blood there is a tendency to the disease, an offspring is produced whose constitutions perhaps are doubly liable to the disease. But at the same time, since the disease has been pursuing its course for ages unchecked, it is a rare thing to find a family in which there is not some trace of it. Thus, in any disease which is very prevalent, and has been for years, there is little difficulty in tracing a hereditary tendency if we set about it. We have also the mode of life acting as a predisposing cause. England promises in time to be a continuous London ; the idea is spreading rapidly amongst the masses that to congregate in large cities is most conducive to trade and happiness. Farm labourers are getting scarce ; the census showing a decrease in country districts, while the towns are increasing. Towns in all parts of the island are widening their areas, and it almost appears as if little country will be left. Great Britain will be the capital of her vast empire, Canada, Australia, and other colonies, acting as country for it.

With town life comes overcrowding, pro-

ducing foul air, one of the most potent sources of the disease. In addition, our sedentary occupations to a great extent preclude exercise and sunshine. Insufficient diet and clothing fill up the category of predisposing causes met with in town life amongst the poor, which make them a prey to the disease; while over mental exertion, and the folly of indulging in heated ball-rooms, theatres, operas, and the other adjuncts to a London season, by which night is turned into day for three months of the year, are causes amongst the rich. Certain trades and occupations—such as knife-grinding, pottery-making, coal-mining—favour its development. It is upon the supposition that the above-named causes act principally in its production, that medical men have sought to combat it; and though but little impression has been made as yet, nevertheless light is every day dawning, and we hope, by Acts of Parliament for the regulation of unhealthy employments, by a deeper insight into sanitary laws, with a keener perception of detecting the disease in its earlier stages, so as to apply remedies before it is far advanced, that a greater impression may be made.

That our climate is the chief cause of the disease cannot be mistaken by even the least enlightened. Can anything special in our atmosphere be detected? any poison? any combination of substances that tend to its development? Most are prepared to deny that there is anything specific; for persons suffering from the disease, arriving from more northern latitudes, receive benefit from a residence on our south coast, being surrounded by natives dying from the disease. If any poison existed, or peculiar state of the atmosphere, it would be our duty, as in cases of malarial fever, where we know that certain conditions produce a poison which develops in man a fever, to remove the patient to a climate where no such tendency existed. Dr. Bird has tried to prove that the climate of Australia favours a state of health opposed to the formation of tubercle, adducing in favour of the theory that a peculiar atheromatous disease is found affecting the heart, large vessels, and liver, amongst middle-aged people, which is almost unheard of in our own country at that or any other period of life. The production of this state is supposed to depend on the climate, especially "its ozonic

and dry character of air," a peculiarity which is powerful in the non-development of phthisis. From this we would look for phthisis as a rare disease, occurring in individuals lately imported from other lands. But it is now shown that phthisis is increasing in large towns in the colony, and that amongst Europeans born in the country.

Nubia has been supposed, and perhaps rightly so, to possess a climate as powerful as any known in curing and preventing the disease amongst Europeans. Yet here we find that phthisis is not entirely absent, perhaps not found amongst the Nubians themselves, but amongst those who come from tribes belonging to the interior of Africa, where the climate is warmer than in Nubia. We also know that Nubians suffer from the disease when located in Lower Egypt, and return to their country and die. From the fact that Europeans meet with Africans and Asiatics on a spot such as Egypt, which is favourable to the first and detrimental to the others in the cure or prevention of the disease, we look to the change of climate, rather than anything specific in the atmosphere, as the remedial agent.

In Cairo may be witnessed, any winter, Europeans congregated from England, northern and southern Europe, along with Nubians and other African tribes. We find that the Europeans came in bad health, seeking Egypt for its curative influence over chest and other diseases, and leave it, the majority reaping permanent benefit; while the African tribes come in health, and are often obliged to return to their own country, having contracted those diseases which the Europeans have gained such relief from.

In looking over the armoury by which the physician attacks the disease, none is so formidable as change of air, and none acts so powerfully; to use it profitably we must exercise our knowledge and judgment in selecting a suitable place. What are the requisites in choosing a climate? It may be stated broadly that the one selected ought to be nearly the opposite of that in which the disease has been contracted. If rain, fog, damp, and gloom, have been the essentials of the atmosphere producing the disease, a dry, clear, bright atmosphere will most likely act remedially. And again, if, in addition to these, there have been causes acting connected with the social life of the individual,

as sedentary employment, or overtaxing of the brain, let a place be fixed on where occupation can be got in the open air, and the strain on the mind removed, where exercise can be procured easily, and that under the genial influence of the sun. Warmth is looked upon as a great curative agent, and at one time the only condition of the atmosphere that produced a favourable result. It has been discovered that excessive cold, when bracing and dry, does not favour the disease, but rather acts as a curative agent. The farther north we proceed we find phthisis diminishes, till we come to Iceland and Greenland, where it is not found. The Laps can in childhood with impunity sit on the snow for hours, while they are instructed in the limited education that is given them during the few twilight hours that constitute their winter's day in these Polar regions, while British youth is often fostering and ripening the seeds of the disease in a stuffy, overheated, and confined schoolroom.

Consumptive patients have, from caprice or from advice, repaired in few numbers to these northern latitudes, but, taking all circumstances into consideration, although great benefit has

been derived from these arctic expeditions, it is to warmer climes that we look at present for most favourable results. Though increased temperature, and that of a dry character, is what is most desirable, excessive temperature has been found fatal to most who have had the disease any length of time. So it is essential for natives of Great Britain to seek for a climate where an equable dry temperature is maintained during the winter and spring months. When the September sun is losing its genial influence, and when October, with its changeable weather, draws on, the invalid should leave the island, and seek out a winter residence where he will enjoy an English summer, and have banished from his memory the idea of winter. It is southwards all naturally look, and amongst southern climes a selection must be made as to the part most favourable for invalids, particularly those with chest affections.

I have, after visiting most of Europe, parts of Asia and Africa, come to the conclusion, with many others, that Egypt holds out the greatest advantages. Nice has got its advocates; Mentone is considered by others to be unrivalled in producing a salutary effect on phthisical and

other patients. San Remo has been upheld, and seems to be drawing away numbers from her sister towns in the Riviera. Other authorities point to Italy as possessing a climate unequalled by any other part of the world. Spain has been shown, especially the southern coast, to outstrip other winter sanatoria. Sicily, Algiers, Malta, and Tangiers, have all their advocates ; but, weighing all things, Egypt has advantages that far outshine any other winter resort, and will give results never afforded by any other place frequented by invalids, nay, even than any other spot on the habitable globe, during the winter months. If Egypt is selected, I can say, that to sufferers from phthisis no climate offers so many attractions as those experienced in Cairo. That the disease is not met with in the town cannot be recorded, but that it is comparatively rare amongst native Cairenes can be asserted. Those amongst whom it is found are generally natives of Nubia or the interior of Africa, whose susceptibility to contract the disease is considerable from the reduced temperature from what they have been accustomed to, and the position they hold as slaves.

To again revert to the requisites required

in a climate suitable for the cure of phthisical patients from England, we require, as I said before, something almost totally opposite. We find cold, moisture, cloudiness, with great variableness of weather, amongst the chief things to be endured while wintering in England. In Cairo we find the atmosphere warm, the air dry, rain almost unknown, a sky destitute of clouds. I shall now take the elements that form the climate in detail. Let us look first at the temperature. We find that from November till the end of March, the months best suited for invalids, the coldest months are January, February, and March, and they yield a mean temperature of 58° ; and though the temperature experienced during the day, when compared with that felt in the night, shows a considerable change in the thermometer, yet the lowering of the temperature is more gradual than in many other places, and the sudden changes experienced from day to day in many southern towns are entirely absent. The air is exceedingly dry, and this I hold is beneficial in almost all cases of phthisis. We have two elements in the disease to combat, the local and the general mischief. If expectoration is scanty, a warm moist climate is

usually recommended, as it is supposed to allay irritation, and acts as a sedative on the system, allowing it to recover its former tone, though at the same time the climate may not be directly bracing the system. Where expectoration is abundant, accompanied by what is termed a want of tone in the system, a dry bracing climate has been recommended. In this case the system is more particularly attacked and invigorated, which causes a diminution of the bronchial symptoms. For this last class of cases the dry air of Lower Egypt, and the still drier air of Upper Egypt and Nubia, has been specially recommended; while for the former class of cases it is said to be too irritating, producing more mischief. I believe myself that the true way of treating the disease is through the system, and, if possible, at the same time allay irritation; and, I feel sure, of the varied forms of the disease, and the diversities of constitutions it attacks, there is no climate like Egypt for meeting these multiple forms with benefit. But besides this dry warm air we have a period of entire absence of rain—one of the greatest requisites next to heat.

In examining into the causes of the disease,

it is generally admitted that it attacks more frequently persons confined in crowded rooms, or whose employments are mostly indoor ; thus townspeople suffer more than those in the country. Sempstresses, shoemakers, tailors, clerks, etc., give more cases than those trades which require exercise or are carried on in the open air. Being fully acquainted with this, outdoor recreation or labour in the open air has been naturally looked upon as a curative agent, and has been found so. The importance of being constantly in the open air, as a remedy of the greatest benefit to the phthisical, led an American physician to keep such patients entirely out of doors, making them camp out for the night ; and his results were very favourable. It is apparent to all, that to get a beneficial amount of outdoor exercise in our own country during the winter and spring months the invalid is compelled to expose himself to weather which, in his weakened state, is liable to produce intercurrent diseases of the lungs, which tend to hasten the termination of the complaint. But in Cairo, for the whole sojourn of five months, the entire daylight, not of four days out of the week, or six days out of the seven, but of every day without exception,

can be spent comfortably in the open air. Can this be said of any other place? Let us take some of the vaunted places—Mentone, Nice, or any other resort. We have on an average at least a month of indifferent weather during the five or six months that constitute the season. The injury caused by a wet day is not merely being confined to the house, and that not often a particularly comfortable one; but the influence, the depression produced by the cloudiness of the heavens on the mind, a dismal rainy day in a foreign land, with a cheerless house to rest in, is, in my mind, a power to retard the return of health. Fogs, except in the very early morning, are not experienced in Egypt, and by the time the invalid is moving about have disappeared.

In sending valetudinarians to France, Italy, and Spain, an amount of injunctions are heaped upon them regarding what they are to do, and what not to do. They must avoid to a great extent what is designated the sights of the various places they may pass through or rest at for a time. Churches, picture galleries, and catacombs, when injudiciously indulged in, are held up to them, and wisely so, as the cause of

failure in many sent away for health. A visit to some semi-underground church, a loitering about some ancient ruin, a fatiguing day at some interesting picture gallery, has been the means of setting up increased inflammation of the lungs, so that two or three months' improvement, have been nullified by a visit to the Colosseum, by midnight, or attending vespers at some Catholic festival. Knowing this, or having been duly warned, intelligent sufferers have avoided all such places, and are then often at a loss how to fill up their time. The ennui of doing nothing is often unbearable, and the thoughts of the individual, instead of being removed from thinking of the disease, appear to be more concentrated. This forms no slight hindrance to the return of health. Now in Egypt no such category of precautions must be drawn up, except what is necessary almost for people in health who visit a warm climate.

Happily Egypt does not display Gothic architecture, nor are the interiors of its mosques decorated by the old masters. No display of galleries of fine art allure the unwary invalid. Its sights, though destitute of classic lore, have even higher attractions, and can be enjoyed

under a balmy atmosphere, without fear, by invalids ; and thus in Egypt the time does not hang heavily, and the patient is taken off from thinking of the disease, while hope, the best specific, is encouraged. To most minds the wonders of Egypt open up a new world, and carry man back many ages. An American asked a friend at a table d'hôte at Constantinople to guess how old he was. The reply was, Fifty. No, he said, I am much older than that ; I can count my years by thousands. The other, on asking how that was, got as an answer that he had been to Egypt, and had seen all its antiquities, and had thus acquired such an age. In this statement there was a certain amount of truth, for to those who go even superficially into Egyptian history and antiquities, considering the buildings of that ancient race with their customs portrayed faithfully on the walls, though to our eyes roughly, have their minds opened, and they appear in themselves to have added years and years to their natural age.

The places of interest around Cairo can be visited in carriages, and the most of them bear several visits. The drive to the pyramids, which in a few years will be, though only

partly now, through a beautiful avenue of trees, is an exhilarating excursion and quite novel. At first sight these stupendous piles, forming in earlier ages one of the wonders of the world, and retaining that position even in the present day, appear to fall short of the description given of them. In the distance the stones look diminutive ; but, on closer inspection, are enormous. The solution of the ways and means by which these masses were lifted into place are speculations for the most learned to work out. I must drop a caution, which is almost self-evident, that the ascent and entrance of the pyramids must be avoided by the delicate. Even healthy people often experience a feeling of fainting when they have reached the summit. The air around the pyramids is of the very best character, and superior in some respects to that of the town, and it can be fully enjoyed during a quiet walk around the bases of the pyramids, or to the sphinx, or the temple with granite pillars, solid architecture unknown in the present day.

Besides the pyramids, a day may be spent at Heliopolis, the Petrified Forest, while many can be enjoyed at the palaces of the Viceroy. A

band plays daily in the Uzbekieh ; and what with reading about the Egyptian antiquities, studying the people, and visiting the objects of interest, a few months' visit will be barely sufficient to take it all in.

Before leaving this subject, I would seek to give an answer to a common question. Many inquire, At what stage of the disease will a voyage or journey to Egypt prove of little avail ? In replying to this there are several things to be taken into consideration. When we look at the disease, if it be in its first stage, or if there is a tendency to the disease, most are agreed that change is beneficial, even to a country so far away as Egypt. Then, again, when one lung is healthy, or nearly so, with but small vomicæ, and those in a circumscribed portion of the lung, or even one large one in the other, it is right to give the chance ; and this not an uncertain chance, but a good hope may be entertained of years being added to the life of the sufferer. When the disease has been doing its work rapidly or for years, and both lungs are extensively diseased, we find that in these cases a residence often works wonders, and is beneficial in prolonging life. Such cases,

if they derive benefit, must avoid returning to England, for their only chance is to select a place abroad where they can spend the summer in comfort, and return in the winter to Egypt. There are at present persons in Egypt whose life could not have been prolonged beyond a few months if they had remained in England, but who have lived for years, making Egypt their winter quarters, and selecting summer quarters near.

Bronchitis.—How many there are in this land who, winter after winter, look out for their enemy the winter cough, and go through with it submissively, till approaching summer gives them partial relief, resolving, when at their worst, that they will seek a warmer climate next winter; but when summer comes the thoughts of going to a warmer climate are banished when they think of the troubles of the undertaking. To be rid of the disease in a place where home comforts are perhaps unknown, but where sunshine and warmth reigns, does not compensate them for friends, family ties, and ease, with their winter evil. They forget that this bronchitis which they are suffering from is inch by inch undermining the

constitution, and that it will remain, not only during the winter, but will be protracted in a less severe form during the summer, the mischief not ceasing in having the troublesome cough, accompanied by great prostration of strength, for other secondary changes are taking place in the lungs and heart, which, though not manifest to the uneducated in such matters, nevertheless are going on, so that in a few winters, in addition to the simple inflammation of the bronchi, emphysema of the lungs has been produced, with hypertrophy of the heart, which in their turn lead to still further disease. For such persons that labour under this winter cough a residence in a warm climate has the effect of making them spend their allotted time upon earth, and that with comfort. Before any of the secondary changes have been set up, the disease may be got rid of entirely, and residence during the winter resumed in England ; but if the disease has taken firm hold of the constitution, the winter months must be spent abroad. The climate of Cairo is eminently suited for bronchitic patients, producing in a short time a marked change ; and the various advantages pointed out under the head of consumption hold good for this disease.

Asthma.—Before seeking benefit from change of air for this complaint, its forms must be fully understood. It is in cases of a purely spasmodic character, independent, or nearly so, of organic lesions, or when it accompanies bronchitis, then termed bronchitic asthma, that Egypt suits. It has been observed that cases of this capricious disease find even greater immunity when breathing pure desert air. In such forms Ismailia and Suez are better places to take up a residence, the drawbacks to these being the want of society and amusement. Suez possesses a good English hotel and small English community. The home newspapers are to be seen, the embarking and disembarking of the overland passengers afford some diversion. Ismailia enjoys a fair French hotel, but is entirely destitute of any sources of amusement—the canal, its only sight, is soon exhausted. The air, perhaps, is finer than Suez. I have known cases of this disease that had resisted all other climates derive benefit from Egyptian air.

Brain Diseases.—It was pointed out some years ago that there was an absence of any amount of brain disorder amongst the natives. This can be accounted for in several ways, inde-


pendently of the climate, but undoubtedly the air has a beneficial effect, possessing a peculiar soothing power over the organ. To the overworked literary person, the man whose business has overtaxed his mind, and the number of persons, in this age of competition, not endowed with herculean mind, whose system may have been injured in the struggle for wealth, position, or pre-eminence, a winter in sunny Egypt, if taken in time, will work marvellously in checking any latent disease, and restoring health to the overtaxed faculties, as it is always advisable to treat mental disorders at the outset, before any organic change has taken place. In other marked cases of mental disorder, mania—suicidal, homicidal, or melancholic—the clear bracing atmosphere affords a greater chance of recovery and amelioration than perhaps any other climate. It is a well-known fact that in England the month of November yields the greatest average number of suicides of any other month in the year, when nature and the elements combine with other circumstances in depressing an individual's mental state. In a climate like Cairo these circumstances are absent, and the cloudless sky, with the novelty

of Eastern life, imparts to persons so afflicted the desirability of existence, and chases melancholia away.

Rheumatism.—Acute rheumatism, or rheumatic fever, is a rare disease amongst the natives, but that form known to us as muscular is frequently met with, and that during the winter months. How different is it in our own moist climate, more especially in clay soil districts! How many persons periodically go through an attack either in spring or autumn! and how, in elderly persons or when amongst the young, it has assumed a severe and oft-repeated form, it sticks to the constitution, and is only partially got rid of. One is constantly brought in contact with those who can predict an east wind or an approaching rainy day by their aches. It can be said by them, as was literally said to me by a medical man, when asking after a suitable climate—I desire a place where I shall see no rain. Various southern quarters have a great repute during the winter, as being suitable for the cure of this subacute form of rheumatism, and the summer season at some German watering places is kept up, I may say, by patients suffering from this and allied diseases, who come

to drink and bathe in the mineral waters which the separate places are famous for. Whilst in Egypt I met a gentleman who had been sent, when sufficiently recovered from an attack of rheumatic fever, to the south of Spain to winter, in order that the subacute symptoms might disappear. At first he realised considerable relief, as the weather was particularly fine, but when rain set in, or a cold wind blew, he had a return of the disease, and was finally obliged to proceed on to Cairo, where he speedily recovered, and that without the aid of mineral waters or medicated baths. I feel convinced myself that a winter in Egypt, where the warm atmosphere is the alone curative agent, works in many cases far more efficaciously than a sojourn in other reputed places, where mineral waters and baths are used as adjuncts in the cure.

Gout being a disease more especially belonging to the aristocracy, and occurring amongst those who can well afford to winter in Egypt, one has little hesitation in recommending it as a place eminently suited for the cure of certain forms, those more particularly that are aggravated by cold and cold winds, as the east and north-east. It can be recommended not only on account of



its mildness, but also from the fact that gout is unknown amongst the Egyptians. This cannot be attributed to any special thing, except perhaps, from being Mahommedans, they abstain entirely from intoxicating drinks. Being so far away from home, all mental anxiety, which in many gouty individuals acts as a predisposing cause, is removed. From the heat and absence of such varied fare, the person is not inclined to overtax the digestive organs. Malt liquors, which are branded as possessing properties, when partaken of freely, in producing the disease, can be got, but not in such abundance as in our own country, and regular exercise can be taken uninterruptedly, which is one of the most powerful agents in warding off the attacks. The cure accomplished in this way is preferable to the daily swallowing of so many tumblers of Vichy, Carlsbad, Baden Baden, or any other German Bad, waters daily.

Kidney Diseases.—Dr. Dalrymple, in his book on the climate of Egypt, is of opinion that early forms of Bright's disease are materially benefited by the warm climate of that country. He thinks that the free perspiration, with the moderated diet, tends to subdue the disease.

How those diseases more especially connected with women and children are acted on by a winter in the East has not been well ascertained, and as regards the desirability of taking children so far away from home, people differ. Experience has taught us that scrofulous complaints are checked and relieved in our own country when warm weather prevails, and consequently the mild winter in Cairo would aid the tainted constitution in throwing off the disease. The sequelæ that follow scarlet fever, measles, and hooping-cough, can be best met in the delicate by a judicious change of climate. We know that these diseases in a warm climate assume a milder form, leaving the child not so weakened as we experience in colder countries.

Hysteria, in its multiple forms, will be greatly benefited by a residence in Cairo, where plenty of gentle open-air exercise can be procured, and all places of excitement can be avoided which tend to favour the disease. Amongst the native women the disease is rare, which can easily be accounted for by even a cursory examination of their upbringing and domestic habits.

I have thus placed before the reader in a brief way those diseases which are most suitable to be cured or ameliorated by a winter in Egypt, taking them in the order in which perhaps they are most amenable to the climate. Before entering into hints regarding the best season for repairing to the country, or the most suitable time for returning, with other practical remarks, I would draw the attention more particularly to what is considered a preferable journey, which in some measure exceeds in advantages the mere residence in the capital, but which in other points falls considerably short of it—I mean the *Nile trip*.

A few years ago it was the custom of the bulk of visitors, and more especially invalids, to ascend the Nile, but of those valetudinarians who now come to the country as many remain stationary as those who prolong the journey into Nubia. Until recently the voyage was commenced at Alexandria, and the dahabeah, with the native servants and crew, was procured at that town; but since the opening of the railway, and the better accommodation in the capital, all seek to ascend the river from Cairo. Having determined to proceed into Upper

Egypt, with the intention perhaps of penetrating into Nubia, your first object must be to secure a good and trustworthy dragoman. In regard to this my advice is to be in no hurry about choosing. Our quick way of doing business in England suits the Arab well, and he seeks speedily to come to a bargain, but it will be always wise to take time and use judgment in selecting from the numbers of the fraternity that swarm around the hotels; also, the quieter one is, and the less apparent hurry shown, the more command you have over the natives. Each dragoman has usually a certain number of certificates from former employers, and Europeans on the spot may be able to tell about their character. There are two classes of dragomen—Egyptian and Syrian; for the Nile, the former are decidedly the best, as they are better acquainted with the country. The choosing of a clean dahabeah is no small task, and any one that is thoroughly so ought to be secured, as a boat free from vermin, and a good-natured dragoman, are the chief requisites of an agreeable voyage. With reference to prices paid and necessaries required, as they differ so much and alter each season, it will be

best to refer to guide-books and other sources, where information can be obtained.

I should like to make a few remarks regarding clothing, which are applicable for all parts of the country. All Europeans in the East ought to wear flannel of some sort next the skin—ladies wearing fine flannel, with linen over, and gentlemen coloured flannel shirts, which are more convenient than white, considering the difficulty of getting washing done in these out-of-the-way parts. With this next the skin the likelihood of catching cold is diminished, when the temperature is reduced at night, or when the wind changes to a colder quarter. The head-dress must also be attended to, which, in the case of ladies, ought to be a straw hat, large enough to shade the face entirely, the crown being covered by several folds of muslin wound around it, and allowed to hang over the neck, so as to protect that part likewise from the sun. Umbrellas ought to be used by all, as fatigue is borne much better during any kind of exercise under their shade, besides the protection against sunstroke. For gentlemen, hats either helmet-shaped or oval, well ventilated, and made of pith, which can, according to

pleasure, be covered with a puggery. All dresses worn by ladies should be of a light colour and material, as the sun removes colour very rapidly. Gentlemen may wear tweed suits of a light colour.

Leaving Boulac, the traveller ascends with a favourable wind, we will suppose ; and leaving each to enjoy the voyage, feeling that all will return with mind and body invigorated, it is our duty to look into the advantages and drawbacks of a Nile trip for the invalid. We notice, with reference to increase of temperature that in the portion of the Nile between Cairo and Siôut the mean is 2° higher than in Cairo. On the river still higher up, from Siôut to Aswân, it rises another degree, and in Nubia still another degree, so that at the second cataract we have a mean of 4° higher than in the Delta. The air is drier, purer, and more bracing, the farther we proceed up the river, and it has been considered, as I hinted before, that if there is any air or climate in the world that offers most advantages for the cure and non-development of phthisis, Nubia possesses it. To an active inquiring mind with an archaeological bent, the study of the ancient Egyptians,

as displayed in their ruined temples, etc., forms a large pabulum for thought, and takes the individual off himself; though, at the same time, an injudicious search after these remains by long tiresome donkey rides to ruins lying some distance in the interior, or a protracted exposure to the influence of the sun, is apt to counteract much good that may have been gained. Fortunately most of the temples and other ruins are situated near the river, and are within walking distance or an easy ride. It would be a species of madness for those that are delicate to compete with those in perfect health in sight-seeing. Yet in a quiet way much can be accomplished.

The stay at Luxor can be prolonged over several weeks, where the air and the associations of mighty Thebes combine their favourable influence to strengthen body and mind. If some enterprising person would build a comfortable hotel, and provide it with requisites for invalids at Luxor, it would form a glorious sanitarium for affections of the chest.

The drawbacks of a Nile trip are confined to the monotony of the voyage—the absence of society, with a feeling often that you are at the

other side of the world—an ill-appointed boat, which is not discovered till it is impossible to alter it—the vermin, which, however, get less troublesome the higher the river is ascended. Mosquitoes are not common, only appearing when a southern wind blows. Out of a period of nearly a month they only appeared one night during our trip up the river.

Medical attendance, in case of increased illness, or when attacked by any diseases of the country, unless a private physician is with the party, is out of the question. Great care must be taken after sunset, and also in the early morning, against cold. Overcoats and cloaks must be worn at these periods if the deck is resorted to. Before starting it is always necessary to take in a large supply of books; also chess-men, draught-board, and any other games suitable to pass the evening pleasantly. In the laziness induced by circumstances and the climate, gentlemen take to smoking heavily. When confined to the tobacco of the country, made into cigarettes, no injurious effects are felt, if kept within a certain standard of moderation. The long pipes and “argelehs,” which render this tobacco much more pleasant to

smoke, must be avoided by those suffering from chest symptoms.

Exercise ought to be taken daily on the banks. But let me warn all except the strong not to pursue game into the interior, for here malarial fevers and other indigenous diseases may attack the sportsman. Shooting may be had in a small way from the deck of the boat. Various feathered tribes frequent the banks, which afford occasional sport. All may try their hand at the "Timsah," for scarcely a traveller, at least a sporting one, has returned without shooting a crocodile, but few are fortunate in securing one.

It now remains for me, in finishing this section, to give suggestions regarding the best time of arrival and departure, with other matters regarding the homeward route. European travellers bound for a winter in the East would not find the beginning of November too early to be in Egypt; and they can prolong their stay till the end of March or beginning of April, when the heat is increased by the "Khamshin," a wind which brings with it a feeling of languidness and oppression detrimental to all communities of travellers. Unless absolutely necessary, it is better for the invalid not to land in England

till June ; and the question arises, How is the traveller to occupy his time, and which route should he proceed home by ? The choice of routes is not confined to one or two, but several. First, we have the return by Brindisi—a three days' sea voyage from Alexandria—thence to Naples, Rome, Florence, over the Brenner to Munich, home by Paris or Brussels. This route can be varied in many ways. Instead of going on to Munich from Florence, Genoa may be taken ; then following the Riviera, passing San Remo, Mentone, Nice, Lyons, and by Paris to England. Second, taking steamer from Alexandria to Venice (a five days' steam) ; thence to Milan through Mount Cenis, or by the Italian lakes into Switzerland. Third, by Syria and Grecian Isles to Athens, on to Corfu and Brindisi. Here there is a succession of sea voyages. Fourth, home by Malta, Spain, and France. These various routes must be decided on according to the strength, feelings, and circumstances of the patient and his friends. The most convenient, and perhaps, on the whole, the safest, is to Brindisi through Italy and France by the Riviera.

In quitting Egypt the traveller must not for-

get to visit the new wonder of engineering skill—the Suez Canal—where French enterprise formed on an English idea has succeeded in uniting the Mediterranean and Red Seas. In leaving the country, I did so myself with regret ; and I feel convinced that with the majority of travellers their thoughts often wander back to the sunny clime. Its increasing popularity is shown not only by the yearly augmentation of travellers, but by the numbers who revisit it.

The Khedive is alive to the interests of his country, and it is to be hoped that he will wisely encourage the introduction from Europe of all that will ennoble and elevate a nation, and proscribe that which enslaves and degrades one ; although the latter, unhappily, ever finds its way much sooner than the former. It has always been an undecided question whether European civilisation and government, as it is, can work beneficially in an African kingdom, though the converse has been undoubtedly shown not to succeed. But it is to be hoped that the mere letter and machinery of the European governments will not be copied ; that the influence exerted by the West will

cause a government to arise which will suit the mixed races of Egypt, having as its foundation principles that will elevate the men, and will raise the women from the semi-brutal life they are forced to lead,—placing them in their proper sphere as helpmates to men, and more particularly as teachers of their children, so that in the generation yet to arise may be found a people who are intelligent (beyond the knowledge of piastres and the Koran), happy, and contented.

CHAPTER III.

SYRIA.

THE number of tourists that annually crowd to Palestine is on the increase, and invalids who have been wintering in the south of Italy or Egypt, if sufficiently recovered, are often induced to protract their stay in the East, or extend their journey into the Holy Land. The idea of seeing Jerusalem is a great incentive for many to visit Palestine, and when it has been reached parties are made up for a journey on horseback through the country to Beyrût. This present section is arranged much like that on Egypt—presenting to travellers an idea of the climate, pointing out the most prominent diseases found in the country which are apt to attack a European, with precautions regarding how they may be avoided. The benefits that accrue from travelling are shown, with suggestions regarding it.

To the confirmed invalid Palestine is certainly not the place, and to those who may be healthy, but unable to bear much fatigue, the horse exercise and tent life cannot be recommended. At the same time, I have met with ladies in Syria who have left home in very broken health, recover wonderfully during a tour through the land, able for four or five hours' exercise daily, and seeming to appreciate the nomadic life. From what is yearly witnessed of naturally delicate people succumbing to Syrian fever and dysentery, brought on by fatigue and the pernicious influence of the climate, it makes us cautious in recommending such to travel in the country. But any invalid who has been wintering in Egypt, and has recovered his strength, and is able to stand fatigue, the tour of Palestine will be beneficial.

Most travellers approach Syria by the port of Jaffa ; others, though less in number, land at Beyrût ; while some, following the supposed course of the Israelites, approach by Hebron.

Taking the first route, with the intention of landing at Jaffa, after a night's steam from Port Said we will find ourselves in the early morning casting anchor some little distance from the

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shore. The pilgrim gets, by the grey light, a view of the distant hills of Judæa, Ephraim and Carmel forming a background, with the compact town of Jaffa on an eminence in the foreground. Entrusting ourselves to the tender mercies of a boatman, we proceed quietly to land, and, as we near the shore, we perceive the reason why ships of anything but those of light burthen cannot approach near the land, for a ridge of rocks runs parallel with the shore, and through a narrow opening the small boat is steered into the harbour, this process requiring great skill on the part of the boatman. In rough weather it is very dangerous, so much so that boats from the land will not venture out to take off passengers from the steamers, and in consequence many are carried past Jaffa, to be landed at Beyrût, where this can be effected in all weathers.

The first day in Palestine is disappointing. Narrow streets, blank-looking houses, dirty motley inhabitants, do not certainly throw much additional halo over the bright preconceived ideas of the Joppa of our youth. Strangers well versed in their Bibles inquire anxiously after the house of "one Simon a tanner," and after

being led through intricate streets and dingy alleys, find themselves in a courtyard possessing a solitary tree, a well, and a room that passes for a mosque. Ascending some tumble-down stairs, we find ourselves on the roof of the house. Here each is left to tax the innate credulity that may belong to him, whether this is the site of Simon Peter's vision, or whether it has been got up for the satisfaction of the many inquiring devotees, as combining many things related in Scripture, such as being near the sea-shore, and having sufficient water near for tanning purposes. That any of the old house remains cannot be imagined by the most credulous.

It may be well to remind all whose lot it is to visit the Holy Land, with reference to the sacred sites, etc., that they must believe nothing they are told regarding them, and very little of what they see ; for the majority of places have been fixed upon centuries after they must have been entirely forgotten about, and that the persons, monks chiefly, who fixed upon certain sites, were ignorant both of the country and the Scripture, frequently seeking to accumulate a number of holy spots in a limited area, for particular

reasons best known to themselves, but, judged by outsiders, for mercenary motives, and as helps to the particular branch of the Christian church they may have belonged to.

Quitting imaginary Scriptural sites, we will find much to occupy the mind in studying the town as a whole, with its beautiful environs. Making our way out by one of the two gates that pierce the walls, we are made conscious that it is a fortified town, and through the embrasures the muzzles of diminutive cannon appear. These walls record the history of more modern Jaffa, coupled with the atrocious deeds of Napoleon, which tarnish the remembrance of that name, even though so illustrious. Situated at a small distance from the walls is the English burying-ground, but, in this cosmopolitan little town, generally called the Protestant cemetery, where repose the bones of a few ill-fated English travellers and residents belonging to the Americo-German colony, who have been cut down by the treacherous climate. I call it treacherous, because it seems to favour some whom we would be led to think it could not suit, and laying prostrate those who apparently ought to stand it well. These small Protestant burying-grounds

are found also in Jerusalem, Nazareth, Damascus, and Beyrût. Many of the strangers that lie buried in them have come to an early and premature end by foolhardy acts and ignorance of the climate they were in ; others have unfortunately succumbed from proper medical skill not being at hand. Though some of these places are enviable sites (from associations connected with them) to be buried in, yet I doubt not that the greater number of strangers prefer carrying home their mortal remains in a living condition, to complete their allotted period on earth.

Leaving the immediate neighbourhood of the town, and taking an easterly direction, we pass along a sandy path, hedged with prickly pear. On each side are extensive orange and lemon gardens, the perfume of which, during the spring, is at times overpowering. The oranges are celebrated, and have peculiarities belonging exclusively to themselves, the skin being thick, and their form like that of an egg, produced by grafting them on lemon-trees. These gardens are a source of much wealth, and during the export season present an animated appearance from the numbers of natives employed in packing the oranges in cases, and conveying them

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on camels to the sea-shore, where small boats carry them to the steamers and larger craft that convey them to Alexandria, Smyrna, Constantinople, and Russia. This sandy path leads to a group of houses called the Colony, formed by a band of religious enthusiasts from America, whose predominant thought was the peopling and restoration of the land by Anglo-Saxons. The enterprise failed, from the leader being not prompted by as single-eyed motives as his followers, which induced many to return back to their former homes, while disease and other causes reduced the remainder to but a few families. The houses and land were bought up by another religious sect of Germans coming from Stuttgart, who designate themselves "The Temple," having also the restoration of the land as a prominent feature in their belief. This last batch of emigrants are doing well, and are improving the surrounding country, having built a convenient hotel, frequented much by travellers.

Having introduced the traveller thus far, I will go into what is more my object—namely, the *Climate*.

In the confines of a country some two hundred

miles from north to south, and eighty miles from the Mediterranean to the confines of the Syrian Desert, the variety of climate is great. Hermon, situated toward the extreme north, rising to an elevation of nearly ten thousand feet, is capped with snow all the year round, and during the winter months is covered more extensively ; so that villages on its slopes or near its base experience a temperate climate, while, if we descend into the Jordan Valley, towards the Dead Sea, we encounter a climate equal to that of the plains of India.

To compare an inhabitant of Hasbeiya with one of the natives of Er Riha, the modern Jericho, one can hardly believe that they live only a hundred and fifty miles apart. Nor is this contrast confined alone to man, but wild animals, vegetation, and plants differ extremely. At the base of Lebanon may be found trees, shrubs, and flowers, familiar to our English eyes ; while near the ancient " City of Palm Trees " flourish subtropical and tropical representatives of the vegetable kingdom. From the physical features of the country we get three tolerably distinct climates. The plains skirting the coast form one ; the mountainous part, confined

chiefly to the centre, forms a second ; while the third is found in the Jordan Valley. Commencing with the sea-board, we have the country extending in successive plains from Ras en Nakura in the north to beyond Ghuzzah, the English Gaza, where they lose themselves in the desert. Towards the south the plain is widest, measuring seventeen miles. Near its northern extremity it is broken into by the projection of Carmel, while the intrusion is made up for by the plain being carried across the country, as that of Esdraelon, to the Jordan Valley. Amongst the trees found here may be mentioned the date-palm, whose fruit does not ripen ; orange, sycamore, lemon, pomegranate, banana, which point to the region being almost tropical. The inhabitants found here are more swarthy than those dwelling in the mountainous region, whose ancestors probably belonged to the ancient Philistines. In Jaffa and its immediate neighbourhood many Egyptians are found, having been induced to settle in this part of the country when Syria was held by Ibrahim Pasha.

Proceeding inland, we come on a mountainous strip of country, composed not exactly of

ranges of mountains, but rather groups, varying in height from 1500 to 3000 feet above the level of the Mediterranean. This region enjoys a temperate climate ; and while traversing this part, we recognise many European flowers, whose very names point to their native habitat, though now indigenous in our own and other northern countries. Our garden plants, marigold (Mary's gold), Star of Bethlehem, etc., were no doubt brought over by our crusading forefathers, and named according to prevailing ideas. Here we may also see familiar fruit-trees—mulberry, apricot, walnut, almond, etc. A solitary palm-tree may be seen towering up here and there, but they are scarce, and require for their cultivation the skill and care of the monks, in whose grounds they are generally found. In the rainy season, corresponding to our winter, small birds, natives of northern regions, may be recognised by their note and plumage, such as finches, larks, blackbirds, thrushes, robins, and starlings. To the east of the mountainous district lies the peculiar formation known to us as the Jordan Valley, called by the Arabs El Ghor. It appears, and really is, an extensive fissure, extending from north to

south, produced most probably by some volcanic disturbance. Along this valley runs the chief river of Palestine, the Jordan, tortuous and rapid in its course. The entire valley is considerably below the level of the Mediterranean, reaching at the Dead Sea to as much as 1317 feet below the level of that sea, and before the fissure terminates, 2625 feet. On account of the great depth of this valley, having mountains lining it as well on both sides, rising themselves a thousand or more feet above the sea level, to reach the bottom a considerable and rapid descent is experienced, which is broken sometimes by two or three plateaus or terraces, each terminating in cone-shaped hills. At the lowest depth of this valley runs the Jordan. In this region, shut in by mountains, few can imagine the feeling of heat that is endured by any who reside in it while the hot weather prevails, unless they have actually experienced it. During a visit I paid to it in September it reminded me more of a species of oven than anything else. The direct rays of the sun fell uninterruptedly, the heat appeared retained and concentrated, the only breeze blowing seemed to add to instead of mitigating

the evil. Under this tropical atmosphere grew formerly balsams, palms, and other tropical plants, though now they are not cultivated as in the days when the country was in a better condition, and under the guidance of more able rulers. The climate which this valley produces has a most disastrous effect on the few inhabitants that live in it all the year round, causing amongst them a complete want of energy, so that the inhabitants in the adjacent mountains are obliged to come and cultivate the land during the rainy season, tilling it and sowing the seed, remaining only as long as is necessary for the process, quitting it to return again for another short period when the grain is ripe and fit to be reaped, thus putting themselves as short a time as possible under the influence of the pernicious climate. Even amongst those that remain for a short time various malarious diseases are developed, which hasten their return in enfeebled health, or cause them to pay for their labour by their lives. Farther east we again encounter highland plains, where the air is bracing, partaking of the desert.

The temperature that prevails in Syria varies according to the season of the year, and also

in which of the before enumerated districts it is felt. Fixing upon Jerusalem as a good specimen of the mountainous region, we have the temperature, according to Dr. Barclay, lowest in January, when the mean temperature was 49° . The greatest cold 28° . The thermometer in July and August gave a mean of $78^{\circ} 4''$. Greatest heat in the shade, 92° ; in the sun, 143° . The mean annual temperature, $65^{\circ} 6''$. No competent person has yet lived in the Jordan Valley to give us an account of the temperature, but all are agreed it greatly exceeds that experienced in the other two districts. Jaffa in the plain can be taken as a fair example of what the temperature is generally on the seaboard, it having a mean annual temperature of 4° higher than in Jerusalem. Unlike our own country, Syria does not go through the four seasons, but has only two well marked ones, called the hot and the rainy. From the beginning of May till the end of October, as a rule, constitutes the hot season, being one of unbroken sunshine. Often, in addition to the above period, November and April are fine. December, January, February, and March, are those in which rain falls. The

rainy season does not consist of weeks of drizzling weather as we have in England, but it descends in heavy showers for three or four days consecutively, followed by a spell of ten days or a fortnight, fine weather, which is cool and enjoyable. The storms of rain are accompanied by a strong south-west wind, causing the rain to beat heavily on the ground, and in the majority of storms, loud thunder, with vivid lightning, accompanies the downpour. The lightning, as far as I could gather, rarely caused death amongst the natives or damaged property. The awe and terror felt amongst Europeans at lightning is completely wanting amongst Arabs, who rather rejoice in it than otherwise. As in Scripture times, so in the present day, foul weather is anticipated by the rising of a small cloud out of the west; and so rapidly do the storms come on, that tourists and others may well take the advice given to Ahab to hurry to a place of shelter, for there will be abundance of rain in the land. Snow rarely falls except in the neighbourhood of Lebanon. In April 1870 there was a fall of snow throughout the country which melted almost as soon as it reached the ground, lingering for a few hours on

the tops and sides of the mountains. Hailstorms occasionally are experienced, but not as a rule. The nights during the rainy season are cold, accompanied by fogs in the morning, which rapidly disappear before the influence of the rays of the sun. The cold of the nights is very trying, on account of the heat felt during the day, the difference in the thermometer between day and night being considerable. The wind that blows most frequently during sunny weather, and throughout the greater number of days during the summer, is the north-west, which reduces the feeling of heat, being direct from the sea. The Sirocco, the equivalent of the Khamsîn in Egypt, makes its appearance occasionally, not continuing so persistently as in that country. It brings along with it innumerable particles of sand, which cause a haze in the atmosphere. Its ill effects are similar to those that are felt in Egypt.

Before entering on a journey through Palestine many things must be taken into consideration. The means of locomotion is entirely different from what is to be obtained in Europe. Instead of railways, stage-coaches, and voitures, the traveller has to ride on horseback, and that

over roads not famed for smoothness or engineering skill, where at parts they are mere bridle-paths, fit alone for the sure-footed Arab steed.

Hotels are to be met with in Jaffa, Jerusalem, Beyrût, and Damascus ; but at the small towns and villages between these places no such accommodation can be procured, so that the visitor is driven to tent life if he seeks to make a tour of the country ; and though this kind of life is surrounded by much romance, and, from its novelty, much pleasure can be procured provided the weather is favourable, at the same time, when the season is not propitious, and forced journeys have to be made, it assumes an aspect anything but healthy or enjoyable.

Many who have visited the Holy Land have started with the idea that the fare they were likely to meet with in making a tent journey through the land would be meagre, but this is not the case. Certainly the roast-beef of Old England is entirely absent, though the plum-pudding may be obtained, along with mutton, fowls, turkeys, geese, pigeons, etc. ; on these a month or two months' tour can be endured. The *cuisine* arrangements are wonderful when

one inspects the portable kitchen that accompanies the encampment. The dragomen do their best to make parties comfortable.

In a climate where there are vicissitudes of temperature, the dress of the individual must be attended to; and as in Egypt, so more especially here, flannel must be worn next the skin, and that over the entire body. At night care must be taken that there is sufficient clothes on the beds; and if travellers make a start early in the morning, or prolong their journey after sunset, a light summer coat, or shawl for ladies, is most desirable. To reduce the feeling of fatigue, it is essential for all to try and secure an easy-going horse, and, as far as I was able to judge, they are preferable to mules or donkeys, which are unfit for a journey. At Jaffa and Beyrût horses are to be got which have an ambling gait, taught to them when young. On one of these horses the ground is got over in a much shorter time, and with considerably less fatigue to the rider. They are known amongst the Arabs as Rahwân. A well-fitting saddle is also one of the small things that must be attended to. For the encouragement of timid ladies it will be well to men-

tion that the Arab horse is extremely docile, and that from earliest youth he is taught merely to walk, and unless urged on will not break into a canter. The trotting pace is unknown to them, so that between walking and galloping there is no intermediate motion.

All the arrangements for the moving hotel must be entrusted to a dragoman, of whose efficiency and knowledge of the country you must find out from testimonials, etc., before engaging with him.

If it is the intention of the tourist merely to visit Jerusalem, and places of interest in its immediate vicinity, tents may be discarded, the journey to the Holy City being accomplished in one day, which is very tedious. It is better to break the journey at Ramleh, where fair accommodation can be got either at the Greek or Latin convents in that village. In Jerusalem itself there are at least two hotels where comparatively good food and lodging can be obtained, the best being the "Mediterranean."

To describe all the towns, villages, mountains, inland seas, churches, and holy sites, that the traveller seeks to explore, would be not merely going over a thrice-told story, but a hundred-

times-told tale. To convey the traveller by description through the much-disputed sacred spots of Jerusalem ; to lead him along the road, where the man fell among thieves, to Jericho, thence to the Dead Sea and along the banks of the Jordan, or climb the hills of Ephraim ; to sit with him by Jacob's Well, or drink with him like a dog beside the waters where Gideon tested his chosen men at Ain Jalud, or wind up the road that takes us almost to the heart of the hills of Naphthali, where we will find Nazareth truly nestling ; to descend again from these hills to the peaceful shores of Galilee, where "mighty works" were once wrought ; and to complete the journey to Damascus—would be merely to reiterate what traveller after traveller has written, described, or lectured on. My object lies rather to show disease as it appears in this small portion of the earth, and, if possible, to guard the pilgrim from contracting it.

Diseases of the Lungs.—Of diseases most prevalent amongst the natives in winter time, or, more correctly, during the rainy season, bronchitis holds the first rank. After a warm season, rain suddenly commences, bringing with it a great decrease in the temperature, which can

be ill borne by an insufficiently-clothed population, while their houses are built with special reference to the warm weather, being very draughty and destitute of furniture, with but few means of warming them. The only way of heating the rooms is by small earthen vessels, placed in the centre of the room, in which charcoal is burned. These, along with the farinaceous and vegetable diet, provide little stamina to resist the cold ; consequently, after a few days' rain, children and grown-up people are attacked in large numbers with the disease. The greater bulk of travellers can easily avoid the chance of catching cold, or contracting bronchitis, by paying attention to proper clothing, and not seeking to expose themselves during a severe storm of rain.

Asthma is not common amongst the natives, being more frequent in the valleys than on the mountains. I have known asthmatic patients from Europe enjoy a tour of the land, and seem to suffer little inconvenience. Phthisis is distributed throughout the country, but is more frequent in the towns and villages situated in valleys, the mountainous districts not affording many cases ; thus Nablous gives many more

cases than Jerusalem, which is situated on hills. That it attacks the natives, and that in some considerable numbers, there can be no doubt, depending on the same causes that are so potent in producing bronchitis amongst them. That malarial poison is opposed to phthisis is beginning to be disputed. My own experience led me to the conclusion that it accelerated the disease considerably, bringing it to a rapid termination.

As a general rule, consumption is contracted during the rainy season by the natives, being greatly mitigated during the hot weather, unless the disease is far advanced, when the heat quickens the fatal issue. Though the disease is developed in the country, there is little danger of healthy tourists or even comparatively delicate people from having the seeds of the disease sown ; but it shows us that care, great care, must be taken in preventing persons in whom it has been developed, or who have a decided tendency to the disease, from travelling in the country, and friends of such must be warned to consider well before undertaking the journey with them.

Diseases of the stomach depend on causes, amongst the natives, which will hardly affect

the visitor. They arise from the rapidity with which food is despatched at meals, the unwholesome underdone animal and vegetable food partaken of, the admixture of large quantities of an oily substance called "sumnee," which enters into nearly all their viands, the excessive amount of food taken at one meal,—the bulk of food for the day being taken at supper. Excessive smoking and injudicious drinking of large quantities of strong coffee add materially to upset the digestive powers. In the climate itself there is nothing to weaken the digestive system, but, on the contrary, the air during the cold weather is bracing, and to the European the tent life and change of diet are powerful remedies to remove old-standing dyspeptic symptoms. In fact, few countries in the winter time offer such a favourable retreat for individuals whose liver and stomach have been out of order as Syria, with its accompanying nomadic life.

Diarrhœa and Dysentery are two diseases which are common amongst the natives, and are also developed largely amongst strangers, one frequently succeeding the other. The causes which are most active amongst the natives in

the production of these allied diseases are the consumption of large quantities of fruit and vegetables. During the summer months the Syrians may be termed herbaceous creatures, as they live principally on these. Amongst the fruits and vegetables that favour these diseases may be mentioned the melon and cucumber. In the case of dysentery, malarial poison is frequently the starting-point. Amongst the causes that lead to their development amongst Europeans may be mentioned, too free use of vegetables and fruits ; also the change of diet ; cold, more especially the sitting on cold surfaces which are found in shady places by running streams or wells, after a ride in the sun, when the surface of the body is overheated.

In cases of simple diarrhoea a dose of castor-oil, with five to ten drops of laudanum, ought to be taken, especially when it can be traced to some error in diet. If the diarrhoea is accompanied by irritability of the stomach, and no medicine in any bulk can be retained, a small pill, containing a half-grain of opium, can be taken every two hours, which, on account of its size, will be retained, and will prove an effectual remedy. If there is no such irritability of the

stomach, and the evacuations have been very frequent, five-grain doses of Dover's powder must be taken after each motion. A preventive from diarrhoea is the use of an abdominal belt, which checks many of the evils that arise from cold. Care must also be taken not to expose the body to a draught, and additional clothing must be assumed if the evenings are cold.

Dysentery frequently follows neglected diarrhoea, or it may arise idiopathically chiefly from malarial poisoning. To guard against it, diarrhoea must not be neglected, and malarious spots avoided. For its treatment and cure medical advice must be got as quickly as possible, and, when persistent, the sooner the country is left the better. If in the interior, the coast ought to be made for as soon as possible.

Continued Fevers.—The country itself is wonderfully free from typhus and typhoid, and, when present, they are usually imported from the West. Jerusalem has often cases of these fevers during the influx of pilgrims at Easter time, whose gregarious habits and ignorance of all sanitary rules form a nidus for their development. Scarlet fever and measles assume mild forms when present. Small-pox appeared during the recent

world-wide outbreak which has been during the last two years, but its attacks are not so formidable or dangerous as in Europe, being not looked upon by the natives as such a dire disease as we are accustomed to view it.

Malarious Fevers.—These are endemic in the country at certain seasons and under certain conditions. They are to be dreaded by the traveller, and consequently ought to be guarded against. Happily, during the rainy season they are not frequent. Some places are more obnoxious to them than others. Jerusalem is more favourable for the generation of ague than perhaps any other town, probably from the town being ill supplied with water, the chief sources being from cisterns which are replenished during the rainy months. All should be careful in selecting a proper place for encamping upon, seeking to avoid spots famous for luxuriant vegetation, with stagnant or even running water in the neighbourhood. It is judicious to seek to have the tents on rising ground, eschewing low-lying ground. When necessity obliges a stay in a malarious district, the shorter it is the better. Spots notorious for fever are the Jordan Valley, the plain near Baalbeck. In these places

fever has been contracted whose pertinacity has extended over years, though the individual has left the country. The usual form of malarious fever that attacks both natives and Europeans is ague or intermittent fever. Of its various forms quotidian is the most frequent, then tertian. The more intense remittent fevers are found in the Jordan Valley, more particularly near the Dead Sea, in which region Syrians and travellers are in danger, especially at certain seasons, of contracting them. It is alone from this region that the intractable forms of the disease come. The great remedy for these fevers is quinine, and that in large doses of 20 to 30 grains, given during the interval of an attack or towards the close, repeating it if the disease is not subdued. In those cases where the medicine does not act remedially the liver and intestines are often loaded; and if, previous to giving the dose of quinine, an active purgative is taken, the disease will disappear. Quinine, with all its antidotal properties, is often of little avail, unless the person is removed from the malarious districts; so it is desirable, when persons are seized with fever, to remove them to a more healthy spot as soon as possible. It is advis-

able, in passing through malarious regions, to take small doses of quinine—a grain twice a day—as it acts as a prophylactic, and causes immunity in many persons from the disease.

Rheumatism and Gout.—Rheumatic fever is not often met with in Syria, but subacute and muscular rheumatism makes its appearance during the winter months, produced by insufficient clothing and other debilitating causes. The risk that strangers have of contracting the disease is small, care being taken that the person has sufficient warm clothing, and does not unnecessarily expose himself to the rain. Gout is not a Syrian disease; its absence amongst the natives may be accounted for by fermented liquors being forbidden, also their diet is non-stimulating, and, lastly, perhaps the climate is not favourable to it. To persons of a gouty diathesis, and in those where the disease has assumed a chronic character, a journey through Palestine, when the riding is confined to four or five hours a day, and when the tent-life with its frugal non-stimulating fare is enjoyed, is a powerful means in giving fresh health and strength, preferable in many respects to German watering resorts. Of course individuals suffering from an acute attack are

unable for the journey till it is partially subdued.

Liver and Spleen Affections are not common as idiopathic diseases. They follow repeated attacks of ague or dysentery. Attention to diet and abstinence from too free use of spirituous liquors will usually prevent these diseases arising in a traveller.

Diseases of the Nervous System.—These complaints, which are so common amongst more civilised people, and seem to increase as nations become more refined, are rare in Syria. Nervous diseases common amongst European women are not seen amongst Syrian females. Hysteria, which in numerous forms is so prevalent in the West, does not have the same hold in the East ; and this is accounted for by the predisposing causes which act powerfully at home being absent in Syria—such as overwrought sensibility ; high cultivation of the mind, without opportunities to use it ; excitable entertainments, carried on in rooms whose heated atmospheres add to the evil ; religious influence of a peculiar character, where the feelings are wrought upon unduly. These, along with less apparent causes, are not met with in Palestine, where the women are

treated something akin to animals, rather than human beings endowed with a spirit. All their fine feelings are blunted. Theatres, balls, operas, are unknown in harems. The dull monotony of their lives is interrupted by few exciting scenes. Married at an early age, and betrothed at a still more tender one, they possess, along with, it may be, one, two, or three others, a husband. From the plurality of wives allowed by the Korân, it is a rare thing to see an old maid. Religion affects them but little, for the tenets of the Korân offer them but a conditional heaven, depending much on the caprice of their husbands. These are the many negative causes that diminish the presence of hysterical complaints; the positive cause can only be got in the climate. As a means of strengthening and invigorating young ladies or women with overwrought sensibility, the tour of the Holy Land will be attended with good results. The romance of tent-life, with daily exercise on horseback, the regular meals, partaken of with an appetite before perhaps unknown, will work a change almost marvellous. The mental disorders classed by us under the general head of insanity are not developed to the extent witnessed in our own

country. The climate possesses, along with Egypt, an influence over such states, preventing and mitigating the diseases. Other causes, however, are at work in reducing the numbers of those mentally afflicted. In this and European countries certain causes are supposed to tend to produce these diseases—such as extreme mental labour ; sudden alarming shocks to the nervous system, occasioned by losses of property, relatives, etc. ; or those gradual processes that go on when the nervous system is kept in an overstrained condition, which is so prevalent in these days of competition. Drunkenness affords an enormous proportion of insane cases. Now, in Syria there is an absence of remarkable events. Banks, in our acceptation of the term, are unknown, and consequently cannot fail. Though loss of money is amongst the greatest calamities that can befall the descendants of Ishmael, their small savings are so invested that they cannot be lost in a bulk. Mental culture is carried to a very small extent. Ambition is a feature in their character almost wanting, so that a course of arduous labour is rarely pursued to attain any position of eminence ; and if failure to attain any position happens, it rarely reacts in any

prejudicial way on the individual. The loss of relatives or friends tells but faintly on a Syrian's feelings. The removal of a wife, husband, brother, sister, or child, is not the source of such heartfelt grief as we are accustomed to see in Europe. It amounts seemingly to little else than what is felt in our own country when some favourite animal is removed. The rapidity with which husbands forget their wives is evident, when contracts of marriage to secure a fresh one are entered into a few hours after the funeral of the deceased. Religious excitement is entirely absent. Islamism is a cut-and-dry creed, in which all the faithful are promised Paradise by submitting to a few rites and ceremonies ; and even if these are but clumsily or negligently performed, amends can easily be made by dying bequests, and duties persisted in by friends after death. The Mufti has only to expatiate on the sensual and earthly paradise that all true Mahomedans are hastening to, and has little or nothing to tell of a bottomless pit, except that it has been prepared for Christians, Jews, and infidels.

Drunkenness is not a feature in Eastern life, and is forbidden in the Koran. Fermented liquors

are not allowed, and though wealthy Moslems are lax in that tenet, yet to see anybody worse of drink is rare.

Sunstroke, which is a source of mental derangement, is not common amongst the natives. Thus, almost all the causes we class as exciting are absent, reducing the mental disorders chiefly to idiocy, which is met with throughout the country. From the climate, mode of life, and the entire absence of exciting causes, a Syrian tour can be recommended for those who are suffering from indications of approaching mental disease, and those who seek to have relaxation from an over-worked brain. All must take the ordinary precautions against the influence of the sun, and more especially when visiting the Dead Sea or Jordan, as it is in this district that sun-strokes are usually contracted.

Skin-Diseases are common in the country, but not of an infectious character, eczema and psoriasis being the most common. The leprosy of Syria, *Elephantiasis Græcorum*, is not infectious but hereditary. At the entering in of the towns and villages specimens of this disease are encountered.

Parasitical Animals.—It approaches the truth

to say that nearly two-thirds of the inhabitants of Syria are afflicted with intestinal worms. Of the varied forms of this disease we find the most frequent parasite to be the round worm or *Ascaris lumbricoides*. The frequency of the disease amongst the natives arises from the free use of uncooked vegetables and impure water. Europeans that remain for any period of time are subject to it, and travellers frequently contract it. In order to keep free, great care must be taken to refrain from eating uncooked vegetables, and to see, when cooked, that they are sufficiently so; precautions also must be taken regarding the water that is drunk; when suspicious-looking it ought to be boiled or filtered. Dragomen usually seek to pitch the tents near running water, or beside a well, but this cannot always be accomplished, leading to inferior water being obtained in some instances. Fortunately the disease can be easily got rid of by taking a dose of ten grains of santonin at night, followed by a dose of compound scammony powder, with calomel, in the morning.

Ophthalmia.—During the hot season eye-diseases are very prevalent amongst the natives,

coming short, however, in extent to what is noticed in Egypt, depending on causes similar to those in that country. In the winter months, when strangers visit Palestine, little is seen of the complaint, and travellers themselves stand little chance of being troubled by the disease. If the eyes are weak, green spectacles are useful in reducing the glare and light.

In concluding this part I have merely to add that the chances of accident, etc., are not greater than in other countries. Those arising from runaway horses, or being thrown from horseback, are not frequent, as hard work and low feeding leaves but little extra spirit in the animals. Their sure-footedness is well known; the cat-like manner in which they pick their way amongst the rough mountain tracks in Syria has been remarked by many. In going down a descent in the dusk of the evening Arab sheikhs have been known to trust themselves on their mare's back rather than on their own feet. It is not necessary to be an expert at riding before undertaking the journey; the Arab horses are so docile, a child could lead them or guide them. Kicks from horses have been every now and then recorded by travellers.

Some have been unfortunate enough to break a collar-bone or an arm, but none of the fearful accidents which seem to occur yearly to tourists in Switzerland ever take place in the Holy Land. If any accident or disease unfortunately overtakes the traveller, it is comforting to know that medical men reside in Jaffa, Jerusalem, Nazareth, and Beyrût.

A few general remarks will not be out of place regarding the several routes which are taken in visiting the country, and what months of the year are best suited for the tour.

To commence with the season best suited, that in all respects favourable for health and getting a sight of the country, when the land is green and covered with the many-tinted flowers so profuse after the rains, is the months of March and April. If the rains have been regular they will have then ceased or been reduced to an occasional shower. January and February are months when many visit the country, but the rains often make these anything but agreeable. October and November are suitable months, and enjoyable as regards weather, but the country then assumes its worst garb, being parched and dried up, when it may be said the earth is as

iron; and none of the rites and ceremonies belonging to the various Christian churches are being held, which cause such animation in the Holy City during Easter.

The routes usually taken are from Jaffa to Jerusalem, thence through the heart of the country to Nazareth. From here there are two ways by which travellers reach Beyrût—one by the sea-coast to Acre, thence on to Beyrût; the other by the Sea of Galilee and Banias to Damascus, thence on to Beyrût. For delicate people the coast journey is preferable, being less tedious and not exposed to such change of temperature; and, if an excursion is made to the shores of the Sea of Galilee few places of interest are missed. If Damascus is a special object of interest it can be visited from Beyrût by diligence, which runs twice daily from that town. The ruins of Baalbec can also be seen in this way by remaining a night at Stûrah, visiting the ruins on horseback from that place. By the sea-coast Tyre and Sidon are seen, places which to most persons are full of interest. Some travellers reverse the order of proceeding, landing at Beyrût, and traversing the country from north to south, quitting it by Jaffa. This course

is best when the country is visited in the autumn.


The ruined cities of Moab, Ammon, and of the countries on the other side Jordan, are attractions to make excursions in that direction ; and if the south end of the Dead Sea is avoided, there is little danger with regard to health, for the air is dry and bracing. The greatest fear is from the Bedawin, whose predatory habits are, however, at present somewhat under control. Palmyra is another bourne for travellers, from which I may say all return ; but it is questionable whether the sight of the ruins compensates for the fatigue of the journey. The mere ambition of "doing it," tempts many to undertake the labour. Its sister city, Baalbec, is preferable to it for massive ruins, but while visiting these care must be taken not to remain many days about them, as the plain is very unhealthy. The journey to the cedars of Lebanon is another questionable journey, as the cold is often intense during the night, and the ride to get there is wearying.

Before leaving the country a few days may be spent pleasantly in Beyrût, a somewhat modernised Syrian town, where several English and Americans are located, some in business,

others attached to the various missionary establishments that have been set on foot. These labourers have been at work for nearly half a century, and are a source and a power of civilisation, besides the higher objects attached to such a work amongst the natives, seeking to raise the women, and to impart sound education, along with the principles of the Christian religion, to those who desire it. As a place of residence it forms perhaps the best in Syria for foreigners. The summer months, when the heat is great, can be spent in the adjacent villages, where tolerable accommodation can be had.

Invalids visiting Cairo for the winter, and not desirous of returning during the summer to Europe, may pass the summer time amongst the villages of the Lebanon, where they can get moderate comforts.

Every year Palestine is opening up more and more, and tourists are pouring into Jerusalem in such numbers that recently a railway has been projected, and likely to be soon made, between Jaffa and Jerusalem, which will no doubt augment the number of visitors, the journey then being comparatively easy. The future of the land is shrouded in mystery,—put



at times plainly to us in Scripture, although we may fail to read it correctly. Sometimes we take the written Word as that which is to be fulfilled literally ; at other times we put a figurative meaning on it. An opinion that most agree in is, that the Jews will return and people the country. When ? is the question. At present, by a mutual agreement, Jerusalem is open to the various Western creeds. Each European nation holds land in and about Jerusalem. The flags of England, America, France, Russia, Austria, Germany, Spain, etc., float over the city. Representatives from these and other countries seek to look after the interests of their countrymen who visit, from curiosity or religious fervour, the holy sites. The appellation, "trodden down of the Gentiles," can surely be applied. Money of most European states and countries circulates freely with the coinage of the country ; and, as in the days of the first Christian church, people from almost as diversified and wide-spread places as are mentioned in the Acts, are found during the Easter festivities ; but, unfortunately, there is nobody to expound to them in their own language the "wonderful works of God." Each sect or branch of the

Christian church looks with supreme pity and contempt on the others, which at times engenders such an amount of hatred and strife, that Moslem soldiers have to keep "loving Christians" from destroying one another. In the midst of the Christians and Mohammedans may be seen the Jew, whose dress and features make him stand out distinct, but he possesses little ground, and still less power, the majority being under the protection of some of the European countries. He waits patiently till the day will arrive when the "Deliverer" will appear and restore the city and kingdom to him. That the country could at any time, by the consent of the Western Powers, be handed over to the Jews is believed, but that it is the desire of the Jews as a nation to return is another thing. I believe myself few care to do so who are in countries where they are well treated and accumulating wealth.

The whole aspect of the country is barren ; cultivation is carried on in a rude manner. If rain is withheld for a year all is parched up, and the improvident inhabitants are reduced almost to starvation, which is the cause of robbery, and in some cases bloodshed.

Locusts, caterpillars, and field mice, form also scourges of the land. But when everything is prosperous large crops are reaped, even to the hundredfold.

The government is oppressive ; and when we compare Egypt with Syria, we are led to think it was foolish policy in the Western Powers to wrest Syria from Mohammed Ali. The good of states is not the chief object of political interference. The Eastern question was warded off, and Syria returned to its former and degraded state.

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